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Savvy Times



Welcome to the Journey! Issue 20, August 2008

Published by the International Savvy Club Magazine

Get ready for the
next dimension of
Parelli—the Parelli Patterns! Page 30

Making the best of stall rest Page 52

What is kicking all about? Page 48

How to build a Sundial Page 46



New PARELLI PATTERNS

It's the blueprint for developing your horse—naturally...



The final piece of the savvy puzzle clicks into place with the new Parelli Patterns. This is how Pat Parelli develops people and horses, every day in every "savvy." Includes English subtitles for the hearing impaired plus Spanish, German, French and Italian translations.

See page 30 to read more about this exciting new release!



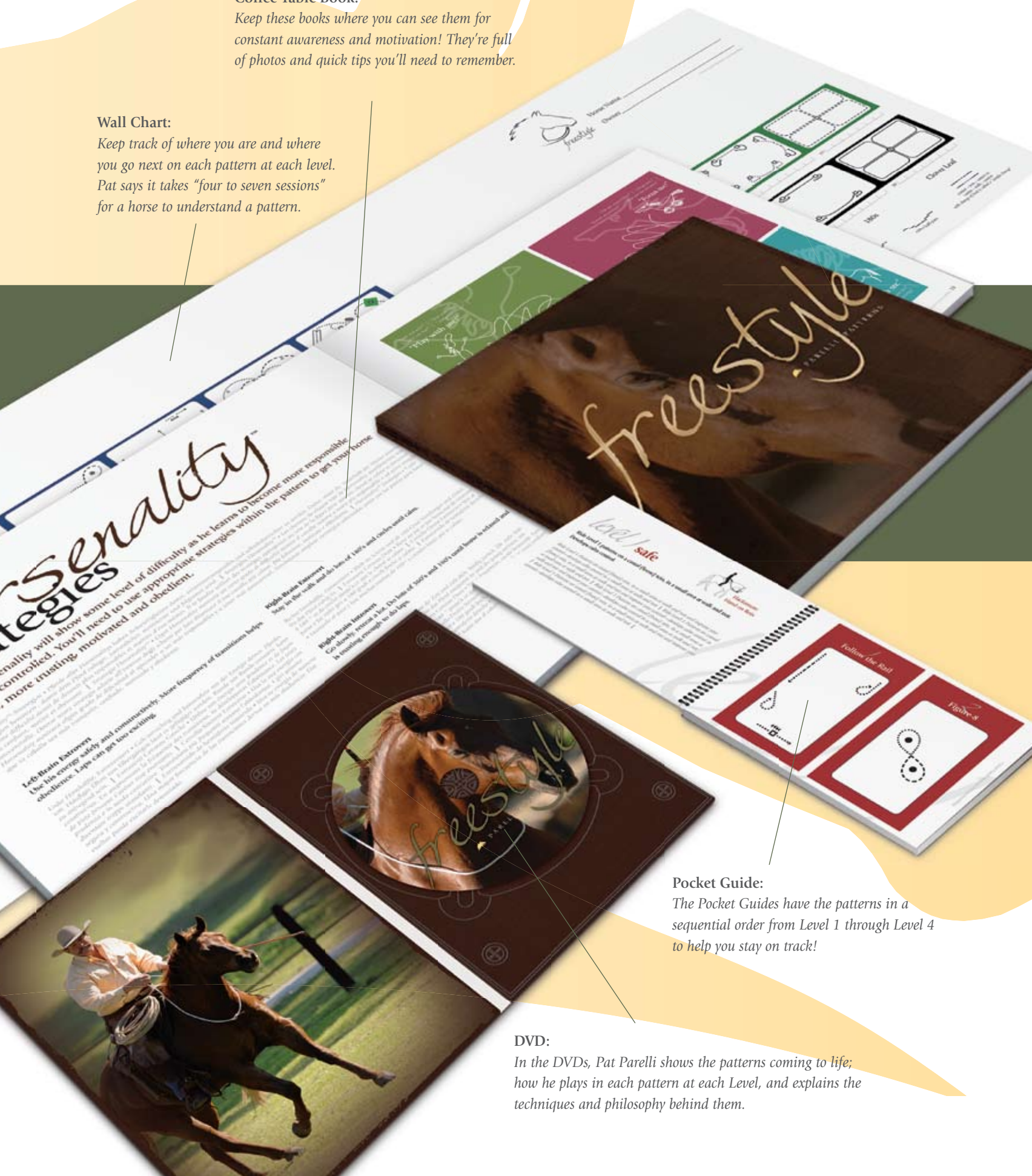
"Since looking through the patterns all I want to do is go out and play with my horse! They have really made things simple and the visuals seem like a call to action to me, they really give me a clear picture of what my session should look like."—Kathy B.

Coffee Table Book:

Keep these books where you can see them for constant awareness and motivation! They're full of photos and quick tips you'll need to remember.

Wall Chart:

Keep track of where you are and where you go next on each pattern at each level. Pat says it takes "four to seven sessions" for a horse to understand a pattern.



Pocket Guide:

The Pocket Guides have the patterns in a sequential order from Level 1 through Level 4 to help you stay on track!

DVD:

In the DVDs, Pat Parelli shows the patterns coming to life; how he plays in each pattern at each Level, and explains the techniques and philosophy behind them.

▶▶ New Tour
in 2008!



PAT PARELLI



LINDA PARELLI



PROBLEM
SOLVING



ADVANCED
HORSEMANSHIP

Why do thousands of horse lovers give up?

They get frustrated, hurt, criticized and pressured.

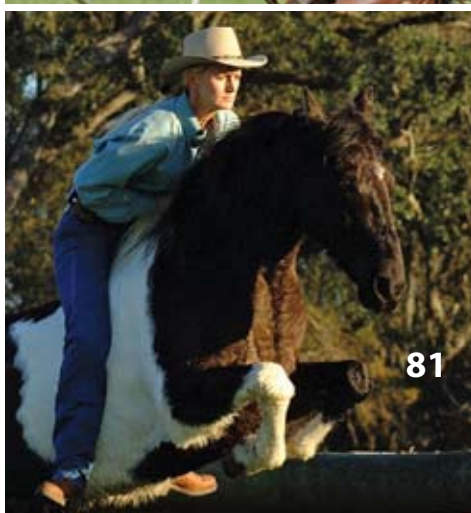
And the horse is often given the blame... He's crazy, lazy,
unpredictable, undependable, stubborn, dangerous...

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EVERYTHING you've dreamed of and want to do with your horse
can be accomplished without force, fear or frustration—
for both you and your horse.



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Savvy Times

ISSUE 20 | AUGUST 2008



FEATURES

5 | Dear Friends

Linda reminisces about her earliest interactions with horses and the passion that has propelled her search (and yours) for a new way to be with horses; details an exciting visit to Atwood Ranch; introduces Nova's new foal CasaNova; reflects on Lauren Barwick's Paralympics journey; and describes the opening of a new season at the Parelli Center in Pagosa Springs.

11 | Andy Hillstrand, Cowboy of the Sea

Meet Andy Hillstrand, whose equine skills are equaled only by his crab fishing prowess and his commitment to family. The Discovery Channel recorded his life-and-death battles with the Bering Sea, and Parelli has opened up new adventures for this champion barrel racer who really understands the meaning of Horse-Man-Ship!

30 | Parelli Patterns

"Good, better, best—never let it rest." Get ready for the next dimension of Parelli—the Parelli Patterns! This evolution of the program gives you a progressive plan that causes you to act like a leader, addresses imbalances and helps your horse understand what to expect.

81 | Carol Coppinger

Carol Coppinger is a striking and recognizable figure at tour stops and in clinics. Her horsemanship and teaching abilities are legend. Now she tells the story of how she found the Parelli Program and became a 5-Star Premier Parelli Professional!

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On the Cover:
Linda Parelli and
Remmer



It's not about disposable horses...

It's about relationships for life.

It's not about quick fixes and artificial aids...

It's about savvy—true understanding and expertise.

It's not about winning and others losing... It's about win-win:

you and the horse need to feel good about it.

*It's not about me me me... It's about changing the world
for horses, becoming a person of knowledge and influence,
and sharing what you know.*

*It's not about fear and doubt... It's about unconditional love
and trust. Love for the empowerment of others;
and trust that you'll never ask the horse to do something
that would hurt or diminish his dignity.*



Reveal your horse. Discover your potential. Live your dream.



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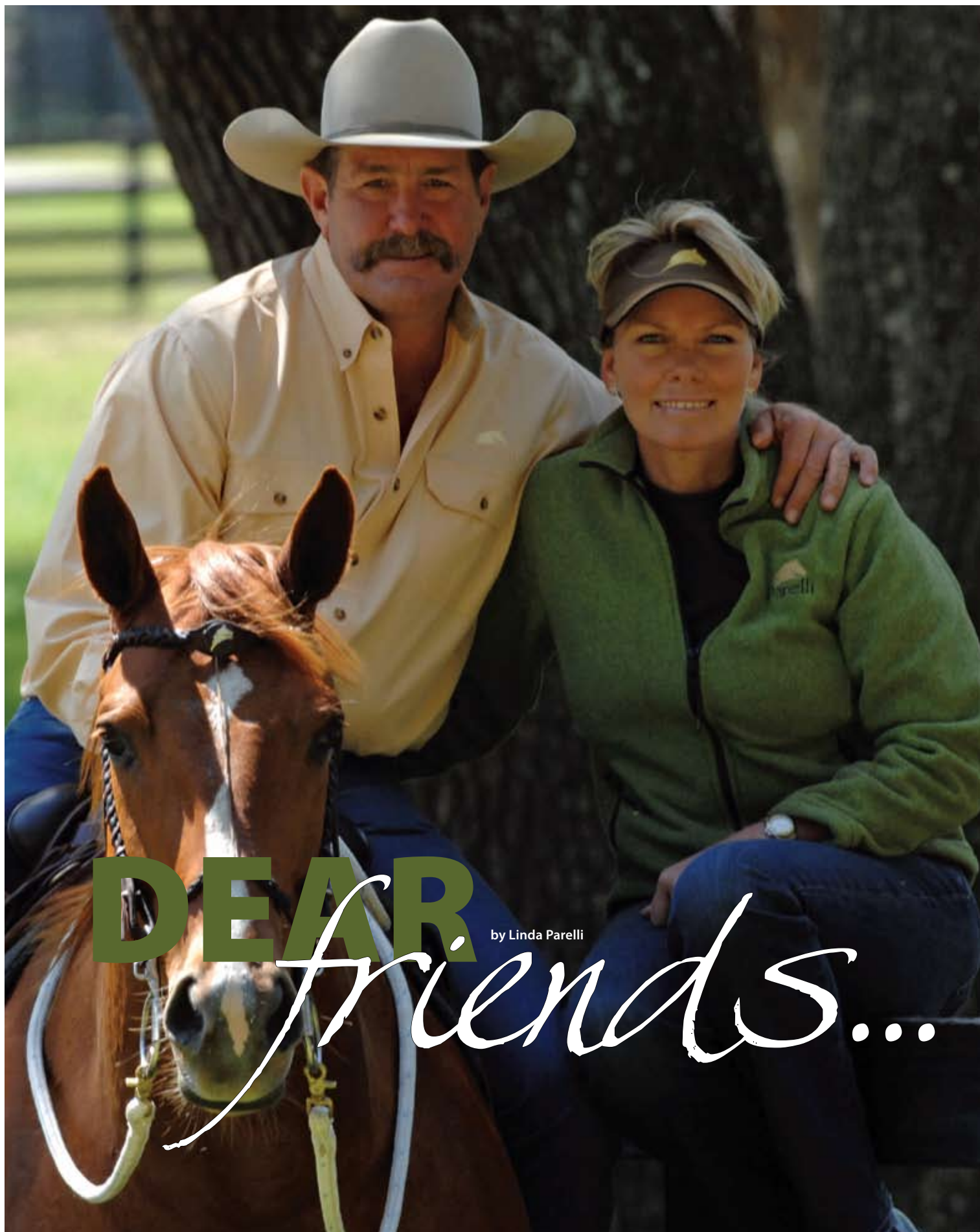
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DEAR

by Linda Parelli

friends...

As I write to you we're going through a pretty intense time—finalizing work on our Parelli Patterns, formatting our events for 2009 and focusing our energies on taking Savvy Club to the next level. Phew!

What's life without passion? Sometimes our friends ask us, "How do you do this? You don't take vacations, your schedule is insane . . . what's wrong with you?!"

I think about the hours and hours and hours we "work" that normally should be unbearable, but when you are passionate and dedicated it doesn't feel that hard. Sure, we have to sleep in now and then, but the spirit and energy that emerge because we are passionate and driven on this mission are incredible. So something we never let die is our passion for horses and how much better we can become for the world because of them.

Changing the world takes a lot of energy and passion, and you need to know that the passion and energy that *you* add is significant. I don't need to remind you how difficult it is to deal with negative energy, with the people who criticize and attack. If you are doing the Parelli Program, you have already experienced it. And you are surviving in spite of it. So what does that take—stubbornness, focus, dedication? Actually, it takes more than that. It takes passion and the determination and strength of character to never let go of it, no matter how much negativity gets thrown your way.

Since 1989 I, like you, have been the victim of intense criticism for doing the Parelli Program. And actually, those first five years were the worst. I felt as if I were on my own, with no one to defend me except my horses. In fact, if I'd not made my horses' opinions more important than my critics', I probably would have caved in. But every day that I looked into those eyes and felt their appreciation for the fact that I was truly trying to understand them and improve the relationship, it sustained me.

We know what it takes for you to be different from your friends. You see their frustrations, and you see the look in their horses' eyes, just as we do. And you know you can't just walk up to them and tell them what they need to do differently, even though you *know* it will make things so much better! You have to live and let live, and in some ways that's the easy part: you find a way to "let live," to not be judgmental and make people wrong for what they are doing, but it gets hard when they don't apply that "let live" philosophy to you. For some reason, they need to make you feel *wrong*. Ahhh, such is life.

Had it not been for Pat Parelli and my horses, I might have caved in under the pressure. Okay, maybe not, but who knows? I just know how hard it was back then. Many of the people I really respected and cared about made me feel stupid and wrong for starting to do Parelli, and the only defense I had was that my relationship with my horses

was changing dramatically. Pretty soon I realized that I was making strides, but they stayed stuck in the same place, having the same problems, some even getting worse. They told me that what I was doing was stupid, and actually they had no idea what it was I was trying to do, nor did they allow for the fact that I was a beginner at this.

Finally I realized that I had come close to losing my dream, and now that I was in the process of saving it, and of truly being able to reach it, I was not going to allow someone else to rob me of it.

What was that dream?

From my earliest recollections I was madly in love with horses, but no one else in my family was. I didn't even see horses in my daily life. I read books about them, drew them, tried to be one using little sticks as extensions of my hands so I'd have four legs. I made my sisters ride me! I even knew how the gaits worked—don't ask me how. I pestered my parents until they let me have riding lessons. I was nine years old then, and only now do I know how lucky I was.

My dream was just to have a horse, to feel as one, riding into the sunset. I didn't know how to describe it as any more than the feeling I'd felt when reading books like *Black Beauty*, *The Black Stallion* and *My Friend Flicka*.

Many of the people I really respected and cared about made me feel stupid and wrong for starting to do Parelli, and the only defense I had was that my relationship with my horses was changing dramatically.

In my teens I finally managed to torture my parents into buying me a horse, and by the age of 17 I got a second horse, a little bigger. He tested me big time. My first horse was a Right-Brain Extrovert, but my second horse was a Left-Brain Extrovert, and we clashed. We battled for dominance, and eventually I won, but not in a very savvy way. I lost my temper a lot, and I jerked on him and yelled at him. If only I'd known then what I know now.

In going to university to study teaching and then embarking on a career in the skin care industry, I retired my ponies to my parents' farm and had nothing to do with horses for seven years. But one day I decided I couldn't live without horses anymore. Long story short, I bought Regalo, the 16-hand Thoroughbred that would not put up with my inabilities and lack of Savvy, who gave me such death-defying experiences that I finally went to Pat Parelli for advice.



Above: We moved into our new offices just in time as we were bursting at the seams in our old office.

Left: Linda and Pat with Regalo, the horse that brought them together.

Below: Corinne and Ira Reid at the Atwood Open House. Ira is the "Tom Dorrance of dogs" and long-time mentor to Pat.



*When we are dreaming alone
it is only a dream. When we
are dreaming with others, it
is the beginning of reality.*

- Dom Helder Camara



Above: Heide and Walter Zettl.

Left: Amy Book helping new addition to Pat's herd, CasaNova, discover the world through natural hands.

Below: First UK Centre courses at Stonleigh Park.



Oh . . . what was that dream again? When I bought Regalo my dream was to get really good with horses—so good that I could win competitions at a high level, even head for the Olympics. Well, Regalo made short work of that. He showed me everything I didn't know about horses, and I was on the point of giving up when I saw the video of Pat Parelli in my local tack store.

So that's why you should never feel alone. We are here for you. That's what the Savvy Club is about: community, support, knowledge, learning, change, coaching.

Funny how things work out, huh?

Making the decision to go to that Pat Parelli clinic was probably the most "out there" thing I had ever done with horses. An English rider going to a cowboy's clinic was not done. You can imagine how desperate I was. But the important thing to note is that I refused to give up on this horse. I really wanted to make it work.

That clinic changed my life (in more ways than one, as you can see), but the biggest challenges came after I did it. I had no idea that my friends and trainer would be so set against what I'd found.

Pat turned my life around when he said, "I know you want to be really good at dressage, but I want to encourage you to become a horseman first." So that's what I did. In 1991 we defined the first degree of "horseman" to be Level 3 in the Parelli Program.

So what was my dream? I revised it. At first I thought it was all about competing and winning at the highest levels of dressage, but it became all about winning my horse's heart and respect. What a journey that turned out to be. I had no idea that my dream involved standing on a world stage, talking about my trials and tribulations in front of thousands of people and being part of creating a world-wide initiative to change the world for horses and the people who love them.

But I couldn't have done it without Pat. I don't think I would have been able to withstand the negative pressure. Sure, I could have retreated and done my own thing, but to go up against the level of criticism that's come our way on this journey takes conviction and endurance.

So that's why you should never feel alone. We are here for you. That's what the Savvy Club is about: community, support, knowledge, learning, change, coaching.

We're glad you are dedicated to changing the world for horses. It's a big job.

Twenty-five years ago Pat Parelli discovered the natural way to communicate with horses. Today less than 5% of the seven million horse owners in the world know about this language.

Parelli teaches this best-kept secret to improve the lives of horses and the people who love them, and, as you already know, you

can *change your life* and the lives of others by learning and sharing this language.

AND by living your dream.

What is your dream? Define it, treasure it, reach it. Most importantly, never, ever lose sight of it.

News

During the last few months we've seen thousands of horse lovers at our tour events in North Carolina, South Carolina, Massachusetts, Pennsylvania, Oregon and Montana. And Savvy Club Sundays have been a personal highlight, when we can talk to people like you who are already "in the know." Thank you so much for your excitement and dedication. It gives us energy like you can't believe.

En route from the East Coast to the West Coast tour stops, we spent a week at the Atwood Ranch Quarter Horse breeding facility in Orland, in northern California, near Red Bluff. What a beautiful ranch and facility! We watched Kalley Krickeberg (formerly of Pat's barn) developing the yearlings and two-year-olds and saw the strides being made in nutrition, natural care and foaling. Under the direction of Catherine and Mike Sapienza the Atwood Ranch is creating history by being the first breeding facility to offer young horses with a Parelli foundation.

Just before we got home our lovely Andalusian x Thoroughbred mare, Nova, gave birth to CasaNova. His father is Juan Valdez, a gorgeous Selle Francais (French saddle horse) stallion. By the time you read this magazine you'll already have seen him on the Savvy Club DVD, helping you learn what to do in the formative weeks with young horses. So far he looks black, but he may turn out grey!

We're thrilled that our first ever UK Centre Success Courses were such a "success" for students and their horses who were able to attend. Congratulations to everyone who helped prepare the Centre, to the truly global faculty members, and to the dedicated students who made the trek to Stoneleigh Park.

Also, Lauren Barwick made selection for the Paralympics in Beijing (actually competing in Hong Kong this September, during the Savvy Conference!) with Maile, a lovely Dutch Warmblood mare we purchased earlier this year when our own horse, River, showed up lame with a hock that has been fusing for the past three or four years.

We are sponsoring Lauren's quest together with Susan and Bill Casner of Winstar Farms, who personally pledged money to support her cause along with us. Along with learning a lot by being part of Pat's barn, Lauren has been coached regularly by Walter Zettl, our esteemed master of Finesse. He seamlessly merges our foundation with the specialization of dressage because what he teaches is the truly classical version. It honors horses, developing them to high levels with kindness and classically sound principles that mirror the principles of Parelli.

Back to Lauren: If you want to know what dedication is about, read her articles and have a sense of what it takes to prepare for a once-

in-a-lifetime opportunity at a world-competitive level and keep your principles. Not only is it going to be interesting to watch her journey; it's going to be especially compelling to hear from her after it's all over. No matter the result, it's so interesting to know how she managed all the trials and tribulations along the way.

Meanwhile, back at the ranch

We arrived at the Parelli Center in Pagosa Springs in late May. The ranch looks green and gorgeous thanks to more water this year and the dedicated efforts of our ranch manager, Maurice Pomerleau, and his crew. It's now the end of June, and we've gotten to meet over a

hundred students who came here from all over the world to pursue their dream and make a difference in their own horsey lives and those of others. The Parelli Center is a retreat, a place where you can soar with your own kind—people who refuse to be confined by the norm, people who want to find the secret of bonding with horses so they can reach their dream—and immerse yourself in uninterrupted learning and deep, deep levels of Savvy. We know what it took for them to get here, and we welcome them to the inner circle of manic dedication.

Looking forward to seeing you down the road and sharing what the future of Parelli offers. 🐾



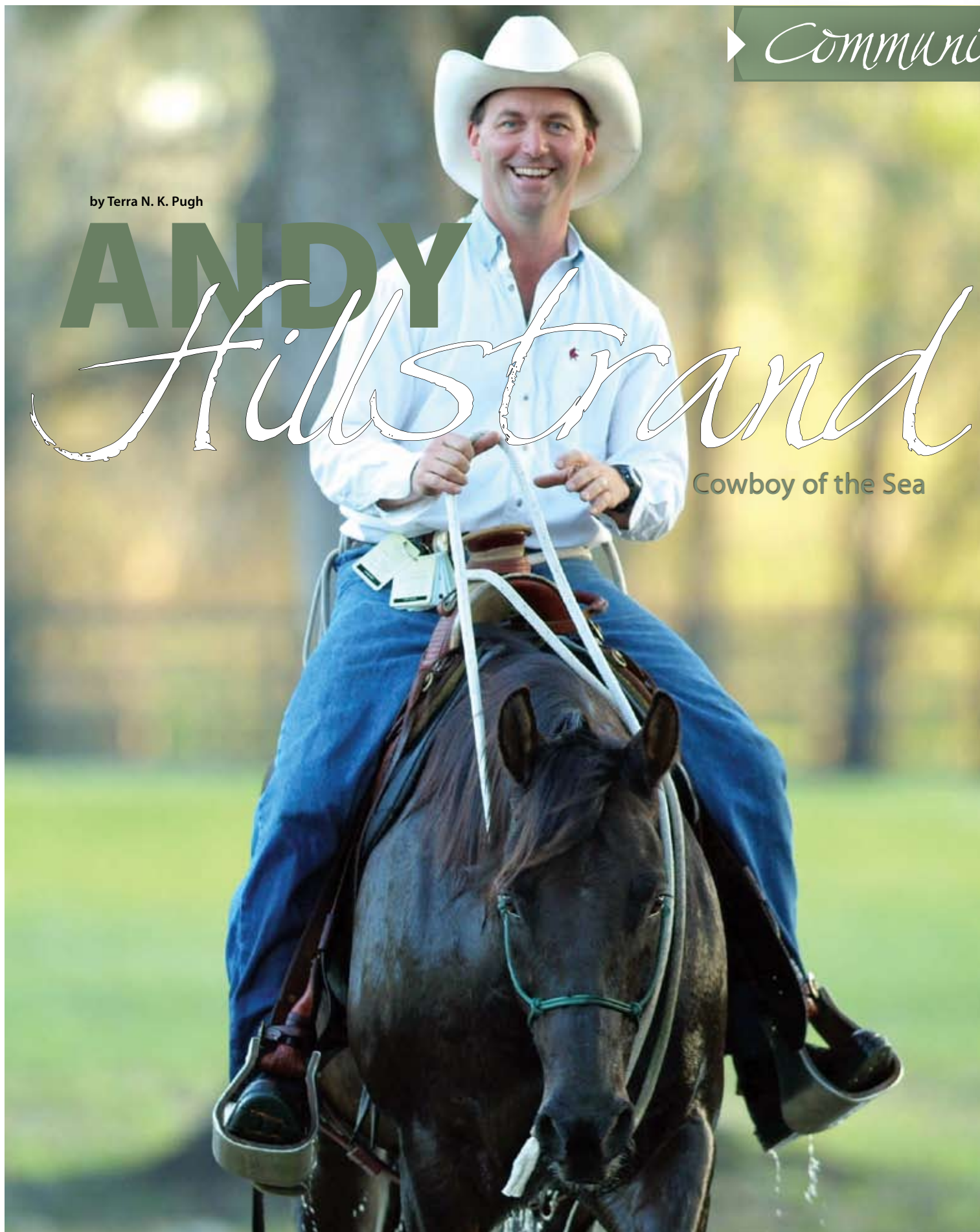
► Community

by Terra N. K. Pugh

ANDY

Hillstrand

Cowboy of the Sea



The crew of the *Time Bandit*, including co-Captains Johnathan and Andy Hillstrand.



by Terra N. K. Pugh

Cake. Icing. Candles. Our lives are a product of our combination of the three—the blend of foundation, application and flair. We spend our whole lives looking for that special blend, and in Parelli we study how to know when we’ve found it.

It takes less than ten seconds of conversation with Andy Hillstrand for you to know that he’s found his “it” in life. What’s more, he knows what he has found and is grateful for each moment that he’s still got it. His occupation is one of the deadliest on Earth: He’s a crab fisherman on the Bering Sea. He knows to take nothing for granted, because while at times, he says, the Bering Sea is “the coolest thing,” its water can take your life. An excerpt from the book *Time Bandit* sums it up best:

“On the Bering Sea, every fisherman knows what kills. We understand that for whatever reason, if we enter the water unprotected, we are dead. A crewman will be irretrievably wounded by hypothermia in four or five minutes if he is not wearing a survival suit when he enters the sea. The cold will numb his extremities quickly

as his body struggles to protect its central core; and he dies when his heart reaches 86 degrees Fahrenheit. We are not afraid of the sea; we are *terrified* of the water.”

Discovery Channel’s series *Deadliest Catch* chronicles the lives of fishermen aboard boats in the Bering Sea during the Alaskan king crab and Opilio crab fishing seasons. While filming the series the boat belonging to Andy and his brother Johnathan, the *Time Bandit*, was stuck in ice, rescued a man who fell off another boat, and struck crab gold. Some of the Discovery Channel’s best footage of the past 15 years has been shot from the *Time Bandit*. And in an odd twist of fate, the series has brought the humble fishermen the fame of rock stars. And while crabbing and *Deadliest Catch* may be what Andy does, it is not the whole of who he is. Like cake, icing and candles, there are three parts to Andy Hillstrand: the fisherman, the horseman and the family man.

Andy describes crabbing as “terrifying, adrenaline-filled and flat-out cool.” He has been fishing his whole life; it is in his blood. Andy can

read the ocean the way Pat Parelli can read horses. He learned by watching his father. His father, too, was a fisherman on the Bering Sea, and he passed the trade on to his sons. Andy paired what he had learned from his father with what he has learned from the Parelli program. With five guys and their families depending on him, Andy uses approach and retreat to apply phases of pressure to motivate his crew in 40-below weather. "Rough water. Calm water. Nothing is ever the same," says Andy. It is like "safety, comfort and play on one extreme adventure."

And if Andy Hillstrand hadn't been born a fisherman, he would have been a cowboy. Andy found his way to horses the way most people do—by chance. He bought a horse for his daughter's eighth birthday. She dubbed him "Champ," and Andy spent the first couple of years taking a fatherly interest. In 1998 Andy was introduced to the concepts of natural horsemanship and ground work. "The horse as a unique creature began to intrigue me," said Andy. "I realized that horses are thousand-pound animals that I did not have to fight." Horse psychology had piqued his interest. It was "cool and fascinating" and "flowed like adrenaline." He eventually found his way to competition and competed in Western pleasure, halter, showmanship and barrel racing. Ultimately he became a four-time world qualifier for the National Barrel Horse Association and four-time Alaska state champion barrel racer. Andy stopped competitive barrel racing when he "reached the understanding that the competition was all about me and not about the horse. The more I learned about them," said Andy, "the more I needed this knowledge. I was learning to be a better person through horsemanship."

Andy was formally introduced to Parelli in 2001. He describes Parelli as "innovative," filled with "experience" and a "fun environment." "I love horses. I love playing with horses. I love meeting Parelli people and their horses," says Andy. "We share a common goal in that we all have a desire to learn more than we knew yesterday by watching, working and playing with horses." In 2003, after living in Alaska for 39 years, Andy and his family moved to Indiana to raise horses and teach children how to ride. Andy remarks, "I look forward to teaching about horses with the same enthusiasm with which I once looked forward to fishing."

Yet Andy, a typical Left-Brain Extrovert who describes himself as "happy, mischievous and adventurous," has found that as much as he loves horses and being on land with them, he also loves the ocean. The tug of one competes with the draw of the other, and it's the balance in the middle—that balance of cake and icing—that offers Andy an opportunity for the two loves to coexist.

"It's the good blend of life that keeps you happy," says Andy, which brings us to the candles in Andy Hillstrand's life: his family. Andy's two girls, Chelsey and Cassie, make him proud to be a dad. His wife of twenty-six years, Sabrina, keeps the horse farm running while he is off crabbing with his brother Johnathan. "I love life," says Andy. 🐾



Cass Hillstrand



courtesy photo



courtesy photo



Top: The Time Bandit after repairs in Seattle, WA

Above: A good pot - sorting Oplio Crab

Left: "Cowboy Andy" at the Parelli Center in Florida

Below: Crab season on the Bering Sea

Global Community

Reader submissions from around the world

United States

Correction

Jean Lewis, Florida

Hello, my friend—The February 2008 issue had a great article on how to build your own Parelli-style carwash. I decided to build one at my place and discovered a possible error on the “Supplies List” in the article.

The supplies list indicates “two 10’ 4” x 6’ boards.” Obviously, they meant 4” x 6” boards, not 4’ x 6’ boards. Anyone would realize that typo, but that’s not the problem. The problem is the length of the boards. If you buy 10’ long boards and plant 2’ into the ground, then those vertical supports are only 8’ out of the ground, and the 8’-long plastic strips would be dragging in the dirt. It also would be pretty low if you were to ride your horse under it.

It looks to me like the correct length for those 4” x 6” boards would be 12’, not 10’, and then you would have 8’ strips hanging from a 10’-high support and would have 10’ clearance off the ground.

Partner

Bill Coon, Utah

Webster defines partner as “one of two or more persons who play together in a game.” If we remove one person and add a horse, we have a partnership between a human and a horse. My horse and I discovered through Parelli Natural Horse-Man-Ship that not only can your horse be a partner, he can also be your friend.

My horse’s official registered name is Tradition Country. His name throughout the sixteen years that I have owned him is TC. Though TC was a stranger to trail riding, he tried his heart out to please me and tried every obstacle, creek, bridge or whatever the mountains could throw at both of us. We challenged each other throughout the first eight years that we were together.

In the year 2000 my wife and I attended a free one-day clinic with someone named Pat Parelli. It was free, so why not? After the first hour of listening and watching, I was convinced I was not partnering with my horse at all. I was just some human riding a horse, not becoming any kind of partner.

In the years since the first clinic with Pat and Linda, we learned much more than anticipated. When first learning the Seven Games, and after wrapping the strings around our necks a few times, we started to get the techniques under control. We then started to understand what “Partnership” really meant. One day we went out for a ride, thinking that this should be the day to not use a bridle.

We did that, and to our amazement, the rope halter worked just fine. We had started the journey. We were on our way to becoming partners with our horses. And we continue this journey today and will continue the journey as long as we own horses.



Along the route of this journey I found that the relationship between my horse and me had become something very special. As the human riding my partner, I found that my thinking about a turn to the left or right caused my horse to make the turn. Another way to say this is that my partner knew what I wanted without my touching the reins. My horse had become my partner and friend. The good side of this relationship is obvious. There is another side that will become very clear. That other side is when something dreadful happens to your partner—your horse. The feelings of total helplessness and complete sadness take over your entire being. This is because of the partnership that has been built between you and your horse. We lost TC in the early morning of April 8, 2008. The grief is excruciating. We did not just lose a horse; we lost a partner and a friend.

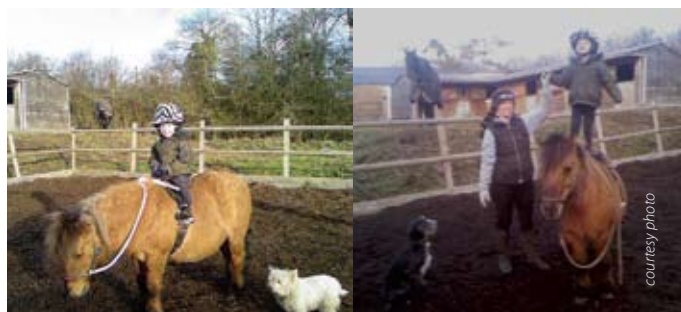
United Kingdom

Freddie

Catriona Gleed, Hertfordshire

I thought I would send these pictures of my little boy, Freddie, riding my friend Sarah Dickinson’s Shetland pony Teddy. Sarah has brought Teddy up to Level 2 ground skills and generously offered him for Freddie to play with. I have been studying the program for six years, and Freddie has been around for three and a half of those.

He has the most wonderful empathy and respect for all animals and is truly gentle and loving with all our horses. One of the most wonderful things I have ever heard was Freddie asking me if he could play with Teddy. If only all children could learn this from an early age. Freddie had a most wonderful time over Christmas playing the Friendly Game, Porcupine Game, Driving Game, and Yo-Yo Game, along with some riding. I would like to thank Pat, Linda and all of their phenomenal instructors from the bottom of my heart for sharing with us their knowledge and enabling us to understand and achieve more with our horses than we ever thought possible.



Parelli Internationally - Literally!

Anita Burns, Devon

I am a Level 3 student, living in the South West of England and am currently taking my second horse through the Parelli Program. My first horse Max was a great beginner horse as he had no real problems and helped me set out my wonderful Parelli journey. After sadly losing Max at just 24 hours notice, I acquired my £1 bargain – Xeb! He is a much more troubled horse and has come with a whole new set of challenges. Thankfully we have a great support system here locally and with the help of the Savvy Club, our local Devon Parelli Play Group and some great instructors, we are currently well on our way!

I have always found it a great support to be able to chat to like-minded people. Five or six years ago when I first got interested in the Parelli Program, there was no-one local to me doing Parelli so I started emailing another Savvy Club member who turned out to be living in Australia. Mary and I become regular pen-pals and now e-mail each other almost every day. We discuss how things are going with our respective horses. We share ideas and challenge one another stretching our imaginations - literally across the world!

When Mary's daughter, who lives in London, had her first child three years ago, Mary flew to the U.K. and took the opportunity to visit me in Devon. We hit it off immediately and the time she spent here was spent playing with horses, riding horses, watching horses and talking about horses. This year Mary's daughter produced the second grandchild and so Mary once again came to the U.K.

Her visit coincided with a series of Liberty courses I had organized with a visiting 3-Star Instructor, David Zuend from Switzerland. Mary was very keen to join in and so I arranged for her to borrow Monty, a horse whom she had played with on her previous visit. We had a fantastic time on the course and it struck me how truly international Parelli is...we had a Swiss instructor teaching in the U.K., I am an English student with an Irish horse, and Mary is an Australian student using an English horse. Of course we all spoke the same language – PARELLI!

CANADA

Jigger

Alex Glennie, Saskatchewan

My partner, Jigger, and I have been Parelli Natural Horsemanship students for eight years and are well in to our Level 3 studies now. Suffice to say that Parelli is definitely my lifestyle. Through the years, Jigger and our horsemanship journey have seen me through the angst of high school, employment on many different ranches, four years of nursing school, marriage to my college sweetheart and a recent relocation to another province. We have seen and done a lot, had many adventures and many wonderful learning opportunities. While I have studied with instructors, helped host clinics, hosted a study group for five years and been a Parelli Ambassador, the best part of our journey happens every day when Jigger nickers at the sound of my voice and meets me at the fence. This small joy for me is unparalleled!

Our communication is now so light and soft, most of the time it feels like dancing, whether on the ground or on his back. It constantly amazes me how subtle and refined our conversations are, especially at Liberty. Our current focus is the Spanish Walk (although it is more of a "stomp" right now!). This level of connection has been my dream ever since I first read *The Black Stallion*.

You might be interested to know that as a busy ER nurse, I find my horsemanship skills are just as effective and important in this environment. I have to be calm in moments of stress, maintain my focus, be passively persistent and not take any negativity personally. Parelli is definitely not just what you do with your horse; it is a way of life!





“To Protect and Serve”

by Norma Safford Vela

Imagine you're on a busy city street—cars whiz past, horns honk, trucks rumble heavily by—and there's a crowd of angry people shouting, waving placards maybe, and they're headed your way...

It *might* make you nervous. Now imagine you're there on horseback and your horse hasn't developed a powerful, trusting relationship with you! That's only one of the nightmares that confronted these four mounted police patrols prior to practicing the Parelli Program—but thanks to the open minds and open hearts of these brave few, Parelli Natural Horsemanship is on its way to becoming the “new normal” for mounted police units around the world!

A mounted police patrol's primary functions generally include public relations, ceremonial events, traffic management and crowd control. Mounted officers are highly effective for crowd control because officers can see over the crowd, spot problems and cause people to move; the inspirational qualities of a 1,200-pound animal are impressive. A single mounted officer can be as effective as eight to ten officers on foot.

A police horse needs to be confident, calm, responsive and able to tolerate noises, crowds and aggressive movement in dangerous situations. Alas, rather than being able to select horses appropriate for such work, most mounted patrols rely on donated horses for their programs. Certainly these horses aren't donated because of their pleasant demeanor or excellent training; they often come with extreme baggage or have dangerous behavior issues.

Lexington, Kentucky

The officers at the Lexington, Kentucky police training facility thought they had “normal” horse problems: horses that reared, bucked or were flat-out runaways. Trailer loading required three people, arms locked around the horse's hind end. They used traditional training techniques—force, fear, and mechanics. “Just make 'em do

it!" They began to realize the results were worrisome. "Liability-wise, you're putting horses with people. We were going to be in serious trouble because we couldn't control our horses."

The Lexington unit began to integrate Parelli techniques into their training program. "Suddenly, we don't have any problems!" says Officer Dave Johnson. He checks with fellow officer Lisa Rakes, "When is the last time we had someone hurt? I can't remember the last time." Officers Johnson and Rakes are such dedicated students of the program that they have both attended courses at the Florida Parelli Center.

We now are able to read our horses and see things from their point of view. It's made us much safer. Level 1 is now a required part of graduation for the Lexington officers.

Officer Johnson can barely control his passion for Parelli. "All these random ideas are put into a structure that you can read and use and get results!" he says. "This is something easy that anyone can learn. It blew my socks off." Armed with the confidence born of a true partnership with his horse, Officer Johnson adds, "We now go *looking* for things" where before he'd have been hesitant, unable to trust his horse's response. "We pay attention to what the horse is reacting to. **Why** is he distracted? There might be some guy in the bushes that's getting his attention. [Previously] I might have ignored him and corrected him." Officer Rakes agrees, saying, "We now are able to *read* our horses and see things from their point of view. It's made us much safer. Level 1 is now a required part of graduation for the Lexington officers."

The officers have advice for other mounted patrols that might be considering using Parelli techniques: Just do it! Lexington Officer Lisa Rakes swears by the Horsenality™ Profile to help select appropriate mounts—some horses are not well suited for police work. "But maybe I need a little bit of a pushy horse so he can help us move people out of the way when we need to," says Officer Rakes. Using the Horsenality profile, she knows how to manage that Left-Brain pushy partner.

Officer Rakes has a greater vision. "I'm going to try to put the word out [to] send us to the University so we can get these horses started on the right track from the beginning!"

Florence, Italy

Meanwhile, the Squadre a Cavallo in the Province of Florence was struggling with fulfilling many of their ceremonial responsibilities because they simply couldn't be sure the horses would load into the trailer to get to the event. With the courage to find a better way, the Squadre sought the help of a Parelli Professional, 2-Star Instructor

Angelika Schneider. Today everything about their horse-human relationships has changed. The officers have learned that love, language and leadership are needed, and they are on the road to becoming effective and trusted partners with their horses. Trailer loading is a breeze instead of a trauma.

Austin, Texas

In Austin, Texas, the Mounted Police Department has gone from "normal" to "natural" in one short year, and the results have been spectacular! With the support of their leadership, a Parelli Professional—3-Star Instructor Christi Rains—was brought in to present clinics. In February 2008 the entire unit officially graduated Level 1. Inspired by the incredible changes and increased confidence of their mounts, the Austin unit has their collective eye on graduating Level 2.

Officer Melinda Robinson, a Level 3 student, has trained the department's horses using Parelli methods for several years. However, staffing needs required that one officer train the horses and another officer train the riders. In the past, horses would come back to Officer Robinson with behavior issues from having been handled "the cowboy way." When Officer Julie Payne became responsible for rider training, she joined forces with Melinda to create a unified Parelli-based program. Once the officers had a taste of what was possible in their horse-human relationships, they recognized the value of that partnership in their roles as mounted police, and several of the officers have taken classes at the Parelli Center at their own expense.

Not only have the officers improved their horsemanship skills, but their people skills have also undergone a transformation. Because Parelli is a relationship program, the officers have many more Savvy arrows in their relationship quiver when dealing with the public. Parelli principles such as the use of phases, "doing less sooner rather than more later," and "polite and passive persistence" work with people, too.

The world has also become a better place for the horses enlisted in mounted units. Officers are now able to manage animals that would have been deemed unsuitable and might have been destroyed. Austin's Sergeant Anthony French is partnered with a horse who was about to be drummed out of the unit for behavior issues. "Although I am new to the program and learning as well," he says, "he has become much calmer and more manageable in tense situations. I am confident this horse will provide years of useful service, thanks to the program."

Officer Dawn Leonard took on another challenging horse. "Jack made his biggest impression on me when I saw him do a straight-up-and-down rear in the middle of 6th Street (our bar district). I knew that day I wanted nothing to do with that horse." Fast-forward



a year, and Dawn is Jack's new rider. "Melinda told me I was his last chance. Luckily I had signed up for an advanced Level 1 course in Pagosa Springs. Jack and I established the basis for our bond that week, and we have been moving forward by leaps and bounds since. I learned how to pay better attention to his body language and stop or change what I was doing to allow him time to understand what I was asking of him."

Officer Lara Nuñez says about her horse Cody "when I need more, I see him try harder and be effective."

Prior to introducing Parelli training, Officer Julie Payne says that "something just did not feel right" about the "normal" techniques. She saw horses being "made" to do things, and she struggled with her feelings. It wasn't until she began learning Level 2 that she realized what was missing, "One simple word: *dignity*. This is a living, breathing animal, not a patrol car that has a light that comes on when something is wrong with it. Now my horse wants to stand on the pedestal. He wants to investigate things that scare him. He wants to be with me, because we truly are becoming partners. Pat and Linda explained what my 'just did not feel right' was. Now my heart feels right. I truly feel that I now have the knowledge to do my job as a mounted police officer with excellence!"

Officer Gary Shaw agrees. "My horse and I have started to communicate in a way I didn't think was possible," he says. "[Parelli] allowed me to grow when it comes to patience with my partner, Reckless, and to allow him to think his way through problems instead of blowing through them."

Houston, Texas

The Houston Police Department Mounted Patrol was officially organized in 1984, using a training program that was military-based and very "normal." Most of the horses were considered runaways, and the Mounted Patrol, like other mounted units, found that if they couldn't solve the problem with bigger bits and tie-downs, the horse had to be retired, because he was "crazy."

After Sergeant Leslie G. Wills was injured, fracturing her back and collarbone on one of these "crazy" horses, she says, "I decided there had to be a better way." When one of the stable attendants, Ira Zent, offered Officer Wills a copy of Pat Parelli's book *Natural Horse-Manship*, she realized, "This was it!"

Along with Ira and fellow officer, Greg Sokoloski, she signed up for clinics presented by 5-Star Premier Parelli instructors Dave Ellis and David Lichman, and they were hooked. Sergeant Wills was convinced. "We have seen so many positive results with the Parelli Program," he says. "The horses are much happier, and the riders are learning to build better relationships with their partners. Of course, we still get some negative feedback from some 'normal' holdouts, but there is not much that they can say when they see us riding a new horse in downtown Houston with no bit and having no problems."

Houston's Sergeant Wills agrees with the power of Horsenality profiling, saying, "When I first saw Nacho (a six-year-old Andalusian/Thoroughbred), I was intrigued by his extreme Left-Brain Extrovert Horsenality. I knew this was a horse with extreme potential that would take my horsemanship to the next level and beyond. He is definitely living up to my expectations. Nacho came with a bunch of normal baggage, but we are unloading it with great results, thanks to the program that Pat and Linda have created."

After "going natural," Officer Sokoloski and his horse Shadow (a nine-year-old Dutch Warmblood) recently won the Police Service Animal Team of 2007 award. Lexington officers placed second and third overall at a recent mounted police competition, with nearly 170 riders vying for prizes in various classes.

Lexington's Officer Dave Johnson loves that the program continues to change. "Just when you think you've got your fingers around it, it keeps growing—but then I keep growing, too," he explains. "Seeing Linda and Pat Parelli taking lessons [with Walter Zettl]—it reaffirms that there's always more to learn." He loves when people question the Parelli techniques and ask, "Why do you want to do that?" "Because I can!" is his unbridled response. 🐾



A message from all of these mounted units: "Thank you to Linda and Pat Parelli. We are now unified with happier horses and are better prepared to protect and serve."



Parelli TV

by Austen Atkinson

The pursuit of excellence has rarely been better demonstrated than it was by the five horsemen that the UK Parelli Media team filmed in the months of March and April.

Headlong into filming real-life transformational adventure stories all over the world for the exciting new Parelli TV series *Live Your Dream*, director Austen Atkinson and his assistant Bipin Anand undertook an adventure of their own.

Following Texas-born Parelli star Tara Harris was our first task. I'd worked with Tara in 2007 while filming *Zero to Hero* in Colorado, and I knew right away that she had a great story. Still only a young twenty-something, she has scaled dizzy heights within Parelli, working on the USA Tour Team, at Pat's Barn, and now as a faculty member. She has managed to cram in working with leading politicians and becoming a fine horseman in her own right. If ever there was a shining example of the power of Parelli, it's she. In our series she and English Parelli Professional Rachael Morland reveal how Parelli is now shaping the future by taking very young people and giving them a pathway and framework for their entire lives.

We were flies on the wall with Tara in her daily routine in Florida, and then we took our first big road trip of the series and travelled with the team across America to Fletcher, North Carolina. The town gave us a terrific welcome, guaranteeing a fantastic tour stop and enabling us to capture Tara at a time when the energy in the team was at an all-time high. Although we were sad to leave Tara and the team behind, we had to zoom back to the U.K. for our next big event.

The media team, in collaboration with Parelli Professionals Michael Grohmann and Rachael Morland, staged a show at Britain's premier exhibition venue, the NEC, during the British Open Show Jumping finals. My primary goal was to capture spectacular footage of Michael

and his remarkable horse Unity for Michael's film. Austria-born Michael is a very talented young horseman who proves that if you embrace Parelli, you can find a way of harnessing your personal distinctiveness and become something you might have thought impossible. A former radio DJ with a long-suppressed passion for horses, Michael saw the staggering practice session of a Parelli student and realized in an instant that he wanted to transform his life and pursue a career with horses the Parelli way.

Setting off on our mammoth road trip across Europe, Bipin and I loaded my pickup truck with every piece of camera and sound equipment imaginable and zoomed across Britain to the Channel Tunnel. We burst into France and raced for the Swiss border. Our 1000-mile road journey took us to a very special farm near a town called Wald at the top of the Alps. As we crossed the border into Switzerland we started feeling the buzz of excitement. We'd planned this trip for months and were itching to get a chance to film a very special man indeed—one of Pat Parelli's outstanding protégés, and certainly one of the most gifted horsemen of his generation, Wally (Walter) Gegenschatz.

A natural athlete, comedian and unstoppable energy monster, Wally staggered us with his unrelenting excellence and powerful horsemanship. One standout shoot day saw us trek across his farm, down through a beautiful Alpine forest to a river, while he rode a stallion, poneying a mare and stallion beside him. This is the ancient forest that taught him to be natural with horses—a place where he learned, as a child, to have a great seat, because if you come off, you



courtesy photos

may fall to your death. Galloping his three horses out of the forest and across the Alps into the mist, Wally symbolized for us all that is remarkable about Parelli. Transformed from a real wild-child into a powerful, talented and centered man with extreme gifts, Wally gave us insight into what Parelli can mean to a person. He believes it has helped him carve out an entirely new direction for his generations-old farm, and for him as a man. He has become a living embodiment of "good-better-best."

After three days we zoomed off in the pickup to our next destination in German-speaking Switzerland: the stunning medieval town of Bremgarten. Our target there was one of Pat's first and arguably most unusual and talented protégés, Mikey (Michael) Wanzenried.

He then asked them to trot and canter around me as I knelt on the floor. When they achieved a great working trot he lifted himself up and stood astride them, one foot on each horse's back...

I had heard of Mikey's reputation as a remarkable horseman for some time. The general buzz was that he is someone truly gifted beyond the average person, someone who might find ways of playing and working with horses that no one else on earth would think of. Upon meeting him, I was worried. He is a quiet and introverted figure, stocky and powerful. Would he come across well on camera? From the moment I saw him with his magnificent stallion Struppi, however, I knew that the stories about him were true. This man is probably as close as anyone can get to fulfilling Pat's concept of becoming more horse than man. Mikey behaves like a horse. His stallion is his mirror; they are sensitive, powerful and, in their minds' eyes, capable of anything in a single moment. They respond in precisely the same way to a sound or movement. Frankly, this man is so in tune with horses that his energy vibrates on a totally different frequency.

One filming session, conducted at midnight in an indoor school,

saw Mikey warming up one of the most challenging horses Pat ever owned, Red Sun, alongside Struppi, as a pair. After an amazing demonstration of games giving him the leadership position (a game every minute of every day with those stallions), Mikey rode them as a pair, bareback and bridle-less, hopping between backs. He then asked them to trot and canter around me as I knelt on the floor. When they achieved a great working trot he lifted himself up and stood astride them, one foot on each horse's back, in the most extraordinary display of trust and freestyle riding I have ever seen. Mikey is literally a horse-man.

Our final destination was to Avenches, a beautiful town across the Alps in French-speaking Switzerland. A gorgeous old Roman fort settlement, it is home to one of Europe's largest equestrian centers, Institut Équestre National, and base of operations for brilliant Swiss Parelli Professional Carmen Zulauf. I knew this film would be different: not an action-packed demonstration of powerful athleticism and technique, but a spiritual journey with horse and human. Carmen is a very enlightened woman who balances great horsemanship with remarkable wisdom and insight into the human condition. Carmen has built an incredible following across Europe; she thrives under pressure and focuses it into her horsemanship. As she rode and played at liberty with her horses, I was struck by how keenly these great horsemen reflect their personalities in their activities. Wally and Mikey were testosterone-fueled, power-packed horsemen with huge humor and adventure in their horsemanship, whereas Carmen's gifts allow her to play and demonstrate true serenity. Shots we filmed in her German military-style equestrian school, with the sun setting over the Alps causing the white gravel to become iridescent, brought to mind the peace of a Zen garden. It was stunning.

With more adventurous filming trips planned for broadcast on RFD (U.S.) and Horse and Country (U.K.) this summer, we can promise you some truly uplifting and exciting stories that will remind us that we can all live our dreams. 🐾



Lyla's Opportunity

To Help a Dressage Great!

by Lyla Cansfield

I'm a 3-Star Parelli Professional based in the U.K. I've always loved horses, and I've always loved dressage.



I'm sure you can imagine my delight when, nearing the end of my term as part of the inaugural faculty at the U.S.A. Parelli Centers, I was offered the opportunity to spend six weeks with two-time Olympic competitor and dressage trainer Luis Lucio in Barcelona, Spain. I nearly went through the roof with excitement!

My role was to help Luis while Carme, who is on Luis' team, was attending the six-week course at the Parelli Center in Colorado. While

I was there I would play with each of the horses in training on the ground before they were ridden. My goal was to see that they were warmed up mentally, emotionally and physically for their day's training session.

Straight after the World's Largest Natural Horsemanship Celebration in the U.K. I jetted off to one of Europe's most beautiful cities, Barcelona. I was not disappointed; the stables were set in the moun-

tains near a village Sant Andreu de Llavaneres. On one side were the mountains and on the other the beach. It was breathtaking!

Luis' stable consists of around 15 to 20 horses, most of which are PRE (Pura Raza Español) stallions. In Spain it is still unusual to geld a horse. As part of their regular training schedule, the horses have a 30- to 45-minute session playing On Line prior to riding. Luis is also very particular about seeing that every horse goes out for a 30-minute hack (trail ride) after completing training for the day.

Of course, over the weeks I got to know each character and Horsenality™ very well—what worked for them and what didn't. I was also fortunate enough to be able to spend time with Luis most days, discussing how each horse went and how we could enable each horse to perform at his best while preserving his mind and emotions.

CAVA Dressage Show Gerona, Sant Marti Vell in Northern Spain

I got to test how things were going sooner than I thought when Luis announced that we were off to the CAVA Horse Equestrian Center in Gerona, Spain for ten days of competition. We took five horses to compete in Gerona.

What was really fun for me was to see how the Parelli program helped the horses be mentally and emotionally ready for their ridden warm-up and ultimately the test. Their On Line session gave them an opportunity to see everything at the venue and helped them with anything that they might be worried about. It was awesome to see how well they coped with the change of environment. I have to say thank goodness for Parelli, with all those stallions around!

One of the highlights for me was helping para-dressage competitor Alba Silva, who also attended the show in Gerona. Alba trains with Luis and has a lovely Warmblood mare, Oly, who can be quite energetic. I would help Paquita, Alba's mother, to play with Oly On Line so that she was ready for Alba to ride. In her test in Gerona Alba scored 74% from an FEI judge. We were all delighted!

In addition to the competition, I traveled to the RFHE Dressage Clinic, a training session for the Spanish Young Riders team at the Open Club in Barcelona. The Open Club was a major venue for tennis players as well as a large equestrian facility. We were there for four days with two horses. Luis' student Lucia, with her horses Destiny and Symphonie, was training to compete on the Spanish Young Riders team. Also attending was Rosa Ma Fradera, president of the Spanish Equestrian Federation and friend of Pat and Linda. The team trainer, Jan Nivelle from Belgium, took great interest in the program we had with the horses, playing with them on the ground, and asked me many questions about Parelli. At one point he even commented, "Why doesn't everyone do this?"

Not only did I have an exceptional time playing with these horses, but I also got to ride all of the horses in training and have lessons

with Luis. It was like a dream come true being able to ride piaffe, passage and pirouettes on these wonderful horses!

I feel privileged to have had the opportunity to return to the performance world and have it be such a positive experience for horses and humans. It is clear to me that balancing mental, emotional and physical collection without compromising the dignity of the horse is the key to the future. Thank you so much to Linda, Pat and, of course, Luis Lucio for making it possible! 🐾



Top & Left: *Lyla and Lakandi at CAVA.*

Bottom Left: *Oly, Lyla, Alba, and Luis.*

Bottom Right: *Lyla and Symphonie at Luis'.*

courtesy photos

How Do You Get Your Right-Brain Introvert to Become More Trusting?

United States

Susie

Hillary, Indiana

Susie is not a young, inexperienced, flighty horse. She is twenty years old, quiet, and one of those horses who has “been there, done that.” What has helped Susie the most is time. She needs every single encounter to begin with some form of the Friendly Game, even if it is just taking time to greet her and rub her face. I used to think that I was using Phase 1 with her, but when I got better at reading her I realized that I was “yelling” at her all the time with my body language, being too quick and too direct-line. I need to be very calm, very kind and very patient, and then eventually the real horse will show up and the eyes light up, and she starts to ask questions. The biggest warning sign for me is when she can’t look at me; this can be a very subtle turning away of her face. She is teaching me to pay attention to the



details, the little behaviors, and not ignore anything. I keep finding that everything we need to succeed is somewhere in the Parelli principles: *“Take the time it takes.”* *“Everything means something, and nothing means nothing.”* *“Make sure there is something in it for the horse.”* I am having fun with Susie now, but more importantly, I think she is having fun, too, and that is a wonderful thing to see!

Miss Carol

Lori, Texas

Miss Carol is my sweet little delicate flower. I will forever be in debt to the Parelli program for helping me be the sensitive, understanding and patient leader that this little chestnut Quarab mare needs me to be. Miss Carol had always stumbled, and one day, while trotting home from a fun bareback trail ride, she tripped and fell with me. Physically we were both unharmed, but this little fall had such an emotional impact on me that it led me to this empowering program of Natural Horsemanship. I really started to make progress with Miss

Carol while studying thresholds in the new Level 2. I was absolutely blown away at how almost everything I had ever done with my horse was done without permission from her, including approaching the gate to the pasture. Because she is a Right-Brain Introvert, her protests were very quiet, and I never noticed them until I learned to look for them. Miss

Carol is the type of Right-Brain Introvert that does not blow up, but rather goes deeper and deeper inside to protect herself. In a couple of weeks I had a totally different horse.

She can now stand up for herself in her herd, and she can run, play and enjoy life. Shortly

after our breakthrough with thresholds I was scratching Miss Carol one day when she started to drop her head and rock back and forth! This was huge for us because I had looked for her itchy spot for two years. She was too vulnerable to even enjoy a good scratch before. Not only that, but the tripping that had the vets, chiropractors and acupuncturists stumped completely vanished. She now was alert and awake enough to look where she was going. Also, her issues with randomly losing weight ceased. This is not all a coincidence; I know it has to do with the improvement in her emotional health.



Australia

The Light Bulb Is On

Yvette, Rockhampton QLD

Since discovering that my mare, Tahlia, is a Right-Brain Introvert (thanks enormously to the Liberty & Horse Behavior pack), we have made mountainous steps forward in our relationship. It’s like the light bulb has finally come on in my head, and I can see for the first time exactly where she is coming from. Here’s what has worked for me so far. The first thing I did was increase the amount of undemanding time I spent with her. Then, for three months straight, all I asked her to do was “put her nose on something.” She appears to love this game and is now always on the lookout for things to put her nose

on. I remember the first time she understood it. I am convinced she was thinking to herself, “Oh, is that all you want me to do? I can do that.” From that moment on she has become curious about almost everything. I am beginning now to ask a little more from her and have discovered that I need to do things over and over and over and over again until she is confident. Repetition and consistency are the keys to developing and maintaining her newly found confidence. I love every single moment in her presence and cannot remember the last time I felt frustrated. Every interaction we have now is an “Oh boy!” moment for me, and I’m quite sure Tahlia has had a couple of similar moments herself. This is an awesome journey!



Netherlands

Putting the Relationship First

Zoe, Netherlands

I wanted to share the story if my Right-Brain Introvert mare Mia. We have about one to two days a week when we cover every Horsenality™ attribute in the chart. It used to be six to seven days a week and always with Right-Brain Introvert tendencies. To help my beautiful spooky, un-trusting, bucking, rearing, skeptical and explosive mare by asking her to be calm, quiet, responsive, partner-like and less prey-like, I do the following everyday and it really, really works! Each day we play with progressive and repetitive games. We can have thresholds up to one meter outside her stable so, if I do not fix these first, I cannot expect to be progressive that day. If I deal with the small details and put our relationship first, the results and fun we have together are phenomenal and the communication is almost faultless with the threshold only having taken one minute to fix instead of a one hour of fight/play session. Mia is a “put your nose on it” junky. I find this helps her



think if she is tense or spooky. “Go get your horse and mosey” was a super way to build her confidence around the farm and machinery. Playing with obstacles On Line and at Liberty grew our communication and built a super trust in me. Sideways Game always does the trick if she’s fired up on adrenaline. Dwell time between games is an absolute must, and the most important is undemanding time. If I don’t do anything with her for two days, we are back to square one. But, by using the above games, she is my partner again within minutes, sometimes less.

Poland

No More Jumping Fences

Kate, Poland

My horse, Gigant, is a 13-year-old gelding. We are playing in Level 3. When I bought him, he was emotionally and physically torn apart. He was sometimes hard to get going, and when you made him go, he would explode and run away, sometimes jumping fences. He was terribly scared on trail rides and very pushy while riding in the arena. When I first came in to the stall to feed him, he was standing beside a wall shaking with this big white eye pointing at me. It was terrible to see. As we started playing the Seven Games he tended to relax, but he was still unpredictable. During our journey together he started to have problems with his joints. He could do no more than a walk for more than a year. Miraculously, he is able to run, play and be a horse now. This hard time taught me a lot about my horse. I spent thousands of hours with him, doing undemanding time, just being there, rubbing him, feeding him green grass, sleeping in his stall and reading books. I started to realize that he needed me more than any other horse. He often puts his head on my shoulder, and we stand like this for a while—his eyes are closed, and mine also. When we play I give him a lot of time to understand new tasks. Then I give him a lot of Friendly Game. We do many repetitions to calm him down and to give him the opportunity to become self-confident. When I see his head going up and his eyes opening wide, I instantly retreat to the place where he feels comfortable and self-confident. Now his tolerance is growing bigger. He trusts that I will not ask him for more than he can do. We are not jumping fences anymore; we just have fun together.





Horse Sense by Terra N. K. Pugh

Real-World Application of Principle #7

"There is something about the outside of a horse that is good for the inside of a man."

– Winston Churchill

A boy stands in a field of horses. His assignment: to introduce himself to all four of the horses in the pasture in any way that feels comfortable. This is not the first equine assignment that the boy has been given. This assignment is part of his curriculum in the Horse Sense program Running with Mustangs, a youth development program for incarcerated youth who—aside from being delinquents—have been tagged as being involved or at risk of becoming involved in gang activity.

The boy works his way into the herd and easily introduces himself to three of the horses but has problems connecting with the fourth. The remaining horse, Sugar, a Thoroughbred mare, came to Horse Sense as a starvation case. Her halter had grown into her head, as is

common in many rescues. Her history left her timid, unconfident and very much an introvert.

Sugar keeps another horse between herself and the boy. After several unsuccessful attempts, the session's facilitators pose a question to the boy: "What is Sugar in your life?" The boy turns, looks at them and responds: "Sugar' is my heart. I'm not going to let anyone get close to that." Immediately Sugar drops her guard, comes over to the boy and places her head on his heart. The session is over.

Principle #7 states that "Horses teach riders, riders teach horses." In its original context, the idea behind Principle #7 is that you pair an experienced horse with a green rider and a green horse with an experienced rider. Upon expansion, Principle #7 is about the reci-

procity of experience. Within a moment the roles of teacher and student can be reversed and then revert back again. Experience is the ultimate teacher. It is the moment that dictates who the teacher is.

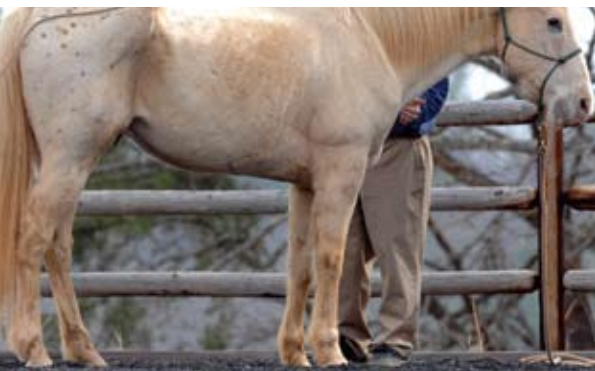
“I believe that every person’s inherent desire is to have a relationship. Horses are facilitators.”

Shannon Knapp, Parelli student and founder and president of Horse Sense of the Carolinas, found her way to horses because she “missed having a connection to something outside herself.” “It was always about the relationship and nothing else. I just didn’t know that the relationship was what I wanted,” says Shannon. In 2003 Shannon and her husband Richard founded Horse Sense of the Carolinas as a national provider of Equine-Assisted Psychotherapy (EAP) and Equine-Assisted Learning (EAL) services and as a leading resource for equine-facilitated therapy professionals worldwide. “Horses teach you how to get a relationship,” says Shannon. “I believe that every person’s inherent desire is to have a relationship. Horses are facilitators.” Horse Sense’s business model is to rescue “throwaway” horses, rehabilitate them and pair them with clients in need of therapy for mental handicaps, professional development and/or social development. The goal is “to allow the horse and human to have an exchange in which the client learns to moderate, regulate and change [his or her] behavior to get a change in the horse’s behavior.”

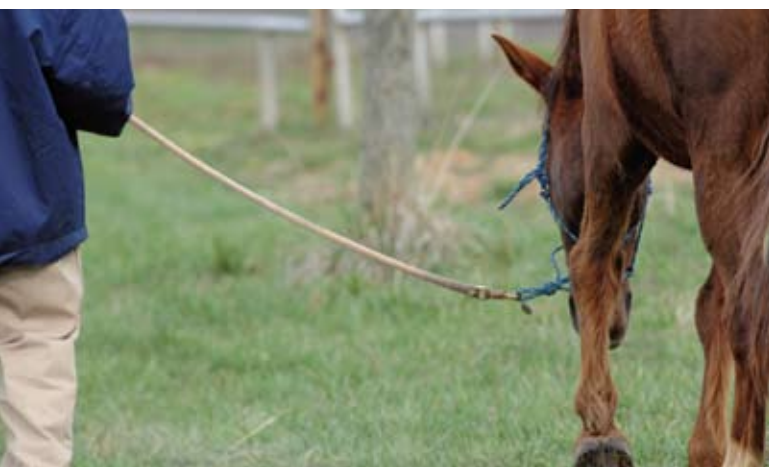
In the case of the Running with Mustangs program, the first task is to catch a horse in a stall and bring the horse into an arena. The task is intentionally open-ended, with no instructions, to see what the clients try. It isn’t about the task; it is about the process. Horses provide the feedback. There are four components to the program: Equine-Assisted Psychotherapy, vocational training, POETIX (poetry), and natural horsemanship. Horses are the medium for two of the prongs. In the curriculum, psychotherapy identifies what tools clients already possess, and natural horsemanship teaches them how to use their toolboxes. The goal is never to instruct. People use what they need. Psychotherapy identifies what they use. Natural horsemanship is where they put it all together.

In truth, psychotherapy and natural horsemanship are only tools; horses provide the breakthroughs. A boy came to the program from an abusive home, “the type of abuse,” Shannon says, “that would put you on your knees.” The session started with four horses: two geldings loose in the arena and two mares in open stalls. One gelding in particular was playful and acted out. Though we would look at the horse as a Left-Brain Extrovert, the boy viewed the horse as menacing. In psychotherapy, it isn’t about the horse. It’s about the client’s perspective. When asked what that horse was in his life, the boy identified him as his father. The non-dominant gelding that was being pushed around he identified as himself. One of the mares in the stalls was a weaver. The boy saw the dominant gelding, saw her weaving and decided that she was distressed. He identified the mare as his sister. When asked what he wanted to do, he walked over and shut the stall door of the weaving mare. He had protected her in a way in which he had never been able to protect his sister.





Right: *The Running with Mustangs team at Horse Sense: Liza Sapir (LPC eligible), Josie Mouser, Richard Knapp, Valerie Krall (LPC), and Shannon Knapp.*



First the client practices with a horse, then transitions to applying the techniques to his or her life while at the detention center, then continues that practice in real life.

Ultimately, clients learn to identify their behaviors through horses. They learn that while they can use force, fear and intimidation, the principles of love, language and leadership are better options. The concept that Horse Sense tries to put forth is called “phase 1 leadership.” First the client practices with a horse, then transitions to applying the techniques to his or her life while at the detention center, then continues that practice in real life. For example, a boy had a tendency to get into fights because he didn’t know what else to do. His pattern was that if he felt any pressure, he’d get into a fight. When asked about the situation, he responded, “I don’t know. I just went all Right-Brain on him.” He was then asked what he would do if this happened with a horse. “I would send him backwards and sideways,” the boy said. Another question was then posed to him: “What is your backwards and sideways?” He learned to identify and correct his own behavioral patterns.

While Horse Sense appears to be human-centric, horses are the heart and soul of the business. “It is difficult to stand next to chaos,” Shannon says. “A horse has to be sound in body, mind and spirit.” At Horse Sense it is never okay to help people at the expense of the horse. A guiding operational principle is that horses have permission at all times to give feedback and protect themselves. The idea isn’t to have crazy horses that never get better. Rather, the goal is that humans and horses heal each other. And at Horse Sense, the stories go both ways.

Horse Sense had acquired Change, a horse that had been hog-tied and beaten as a yearling and had never fully emotionally recovered. During a session Change was paired with a young man Horse Sense had found challenging to help. Change was in his stall, and a little of his story was relayed to the boy—not the whole story, but enough to create the opportunity for empathy. The young man was asked to catch and halter Change to whatever degree he felt was appropriate. The boy approached Change. He slowly put the lead rope around his neck, rubbed him, took the rope off and walked away. When the facilitators asked him what had happened, the boy remarked that he had only gone as far as Change was comfortable.

It is Shannon’s dream that programs like Horse Sense will be available for kids everywhere. Her hope is that one day the industry will shift from intervention to prevention. While the fulfillment of Shannon’s dream requires growth in the number of practitioners, she cautions to not practice outside one’s scope. “A horse and a curry comb are not a license to practice therapy,” says Shannon. More information on EAP/EAL programs, certification and how to become more involved can be found at www.eagala.org.

“The skills to become good with horses, the skills of emotional and social intelligence, are the skills that are not traditionally taught,” Shannon says. “Becoming a good communicator with horses make us better people.” The lessons set us free. As one POETIX client, “Lost Soul,” phrases it in his poem “Freedom.”



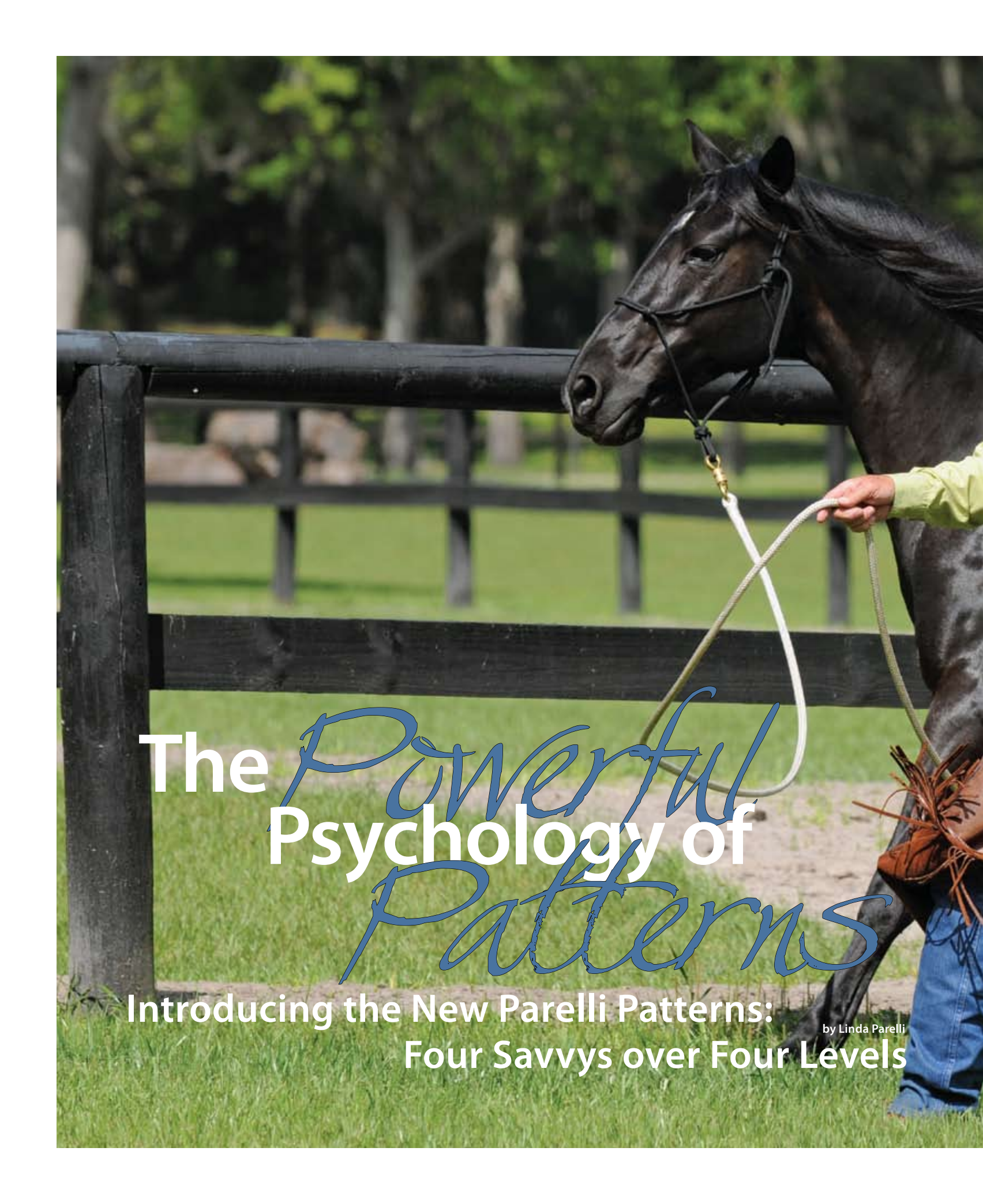
*"Freedom
doin' what you wanna do
bein' looked up is like a bad drug
mess up your whole life
freedom is like an antidote
just knowin' that it's there*

like a cancer patient being told that they're cured

like a wild horse that's been contained

being

released" 🐾



The *Powerful* Psychology of *Patterns*

Introducing the New Parelli Patterns:
Four Savvys over Four Levels

by Linda Parelli

▶ Knowledge



Playing with horses on the ground teaches you to read horses and to build a strong, trusting and growing relationship based on love, language and leadership.





by Linda Parelli

Patterns have always been a big part of the psychology Pat Parelli uses to develop his horses, because he knows that horses are pattern animals. Have you noticed how horses have routines in their daily behavior? They go to certain parts of the pasture at certain times of the day, they graze and sleep at similar times, go to water, play, lie down, etc. Using this knowledge when teaching horses helps them to learn more quickly.

“Pattern” means configuration or plan or strategy. There is a certain consistency and repetition about the design of a pattern that makes it easy to learn, and that’s the secret that the Parelli Patterns will unveil when you begin to use them. By about the fourth session you suddenly realize that your horse seems to know what to do and starts following the pattern with little to no guidance from you. The wonderful part about this is that your horse can become an active participant.

The Missing Link

In the first Levels packs you were introduced to some of Pat Parelli’s Patterns—Bull’s Eye, Point-to-Point and Cloverleaf—and when we produced new and more detailed versions of Levels 1 and 2 a few years ago, we had moved some things from Level 1 to Level 2 and from Level 2 to Level 3 to make learning the program a lot easier. These three patterns were moved into Level 3, but we didn’t produce a revised Level 3! As things always seem to work out, it was a blessing in disguise. We not only have resurrected and expanded the Parelli Patterns; we have improved the entire Parelli Levels Program to help you in the best way possible to make progress every time you play with your horse.

Here’s how it works:

Language + Exercises + Support = SAVVY

The *language* is what the Parelli Program is all about, like the Seven Games, pre-ride checks, safety drills, Fluidity, impulsion, natural collection, Liberty, catching through attraction . . . all of which are featured in the individual DVDs that make up the set we call the Success Series. When you wonder what the Parelli approach is to the most common things in horsemanship, these DVDs cover it. You get the philosophy, examples, tips and techniques that you can put into action immediately.

The *patterns* are the exercises you do every day with your horse to gain a stronger relationship, communication, partnership. The Parelli Patterns give you *all* the Patterns—in Four Savvys over four Levels! It is so important to be able to know where you are and see where you want to go and what it takes. And of course the Savvy Club is here to support you in that journey every step of the way.

Liberty is the ultimate test of trust. There is nothing more exhilarating than feeling that connection—the bond is created outside the corral but must be preserved when inside it.



You don't have to get to a really high level for your horse to appreciate the changes in your approach. As long as you are progressive, your horse will continue to build loyalty.

Solving Problems, Nurturing Leaders

When you start trying to improve your horsemanship, three things can happen that are not good:

1. You become so focused that your horse starts to feel picked on, drilled and pressured.
2. You tend to do the things that are easy for you and avoid the things that are more challenging.
3. You find yourself riding around in an aimless way (especially in an arena) or working on something your horse has no idea is important.

Unless you have a progressive plan to follow, it's easy to fall into these traps. Even though you end up being able to do some pretty cool things with your horse, imbalances start to show up. The most important element of the Parelli Program is that it teaches you how to become a horseman—to think like a horseman, to act like a horseman and to develop the Savvy and feel of a horseman. How skilled you want to become is up to you as an individual, but the good news is that you don't have to get to a really high level for your horse to appreciate the changes in your approach. As long as you are progressive, your horse will continue to build loyalty.

When you follow a Parelli Pattern, it causes you to behave like a leader. When your horse realizes you are using a pattern, he begins to understand what's expected, which has both a comforting and a motivating effect. This is why the patterns work for every Horsenality™.

How Long Should a Session Be?

It's common to either overdo or under-do a session with your horse, so here are a few guidelines for you as you begin to play with the Parelli Patterns.

* Stay on the pattern until you achieve the right state of mind for your horse: calm/trusting/motivated/obedient. This can take from 5 minutes to 20 minutes—don't drill your horse! Once you have this, you can have some slightly longer sessions if you are working on more challenging maneuvers. Just remember that this is not about achieving perfection. One day you'll start experiencing all of these qualities in your horse on a regular basis.

* Remember to stop or change strategies if you're having trouble (and, of course, to return to the ground if you are having control issues and your horse is no longer rideable!) If your extroverted horse needs calming, ride forward on a very small circle until he slows down and wants to stop. Continuous 180-degree switchbacks will also settle him down. This works much better than trying to make your horse go more slowly by holding him back. And if your introverted horse has trouble going forward, do more stops and frequent downward transitions. These are easy to blend into any pattern at any time.

It usually takes about four to seven sessions on a pattern for your horse to learn the



Riding without contact helps horses become more responsible, self-controlled, confident and relaxed.

Having no contact helps riders become more balanced, fluid, confident and develop a deeply connected seat.



centered

shoulders relaxed

*look where
you're going*

*focus with
your whole body*

*horse is alert,
looking where he's going*

no contact

*relaxed leg,
not gripping*



On Line Patterns DVD Menu

Patterns in the On Line Savvy include: A new game called "Touch It;" Figure-8s; Weave; Circles; patterns for playing with trailers (floats); Pushing a Ball; and Seven Games with Obstacles. All patterns are shown up to Level 4.



Liberty Patterns DVD Menu

The Patterns in the Liberty Savvy include: Seven Games with Obstacles; Circle patterns in a round corral including transitions, changes of direction plus "Stick to Me;" Figure-8's; Weave; and Push a Ball. All patterns are shown up to Level 4.



Freestyle Patterns DVD Menu

Patterns in the Freestyle Savvy include: Follow the Rail; Figure-8s; Weave; Million Transitions; Question Box; Seven Games with Obstacles; Bullseye; Corners Game; Sideways Box; 180's; and Clover Leaf. All patterns are shown up to Level 4 (bridle-less riding).



Finesse Patterns DVD Menu

Patterns in the Finesse Savvy include: Follow the Rail; Figure-8s; Weave; Million Transitions; Question Box; Sideways Box; Bullseye; Corners Game; 180's; and Clover Leaf. All patterns are shown up to Level 4.

pattern; that's why it's important to follow the program all the way. So take it easy those first times. Be gentle with your horse, and allow the simple brilliance of the Patterns to shape things between you and your horse. You'll be amazed at what starts to happen by session five!

When You Start

Put your charts up, watch the DVDs (over and over and over . . . that's why we made the video sessions so short!) and let the Parelli Patterns start working for you. You'll be amazed at the difference in your horsemanship. This is the best way we have discovered to help transform your horsemanship into a positive, *progressive* and natural experience both on the ground and riding. Plus, the English subtitles option provides another layer to learning and remembering Pat's natural philosophies.

How do the Patterns fit into the Levels Program?

If you know Pat and me, you know our motto is "Good, better, best, never let it rest." We are constantly monitoring student's results and problems to see where they are helped to excel and where the gaps are that hold them back.

We have found that one of the major reasons students lose motivation to keep improving their horsemanship is that they can't easily see where they're going. By the time they submit their Level 1 or 2 they are actually way beyond that, but they have no idea that that is so.

So over the course of 2008 we will be updating the Parelli Levels Program to include new charts on the Savvy Club website which will allow you to:

- See *where you really are* and how advanced you probably are compared to where you think you are.
- See *where your gaps are* (you are probably Level 3 in some things and Level 1 in others) so you know what to work on. We often find ourselves working on the same things and neglecting others—usually because we don't even know that's what we are doing!
- See *where you are going* and how and where each step starts and builds from there.

This is what Pat has always had in his head—and until now we just hadn't figured out the simplest way to get it out of his head and onto paper so you could see what he sees and get closer to achieving the results that he does.

The new charts on the club website make every level visible in each of the Four Savvys, including, for the first time, Level 4. You can self-assess much more thoroughly and know when you are ready to take an official assessment if that's what you desire.

improve

How Parelli Patterns IMPROVE YOU

Parelli Patterns:

- Give you a plan and help you avoid aimlessness.
- Help you to be focused and develop discipline and quality in your horsemanship.
- Keep you consistent so you get solid in your Savvy.
- Keep you from micromanaging your horse.
- Help you trust your horse more and teach him to follow the pattern.
- Can be adjusted according to Horsenality needs—more transitions, fewer transitions, more circles, fewer circles, more straight lines, fewer straight lines, slower, faster. It's all in there, yet you can still stay on track.
- Help you make progress in a strategic way. As you keep track of how many times you've done each pattern you get a sense of accomplishment, and you'll literally watch yourself grow.
- Help you to know where you are and see where you're going.
- Give you a chance to work on your Fluidity without having to worry about where you're going.
- Help you develop more accuracy and more polish as your confidence grows.

How Parelli Patterns IMPROVE YOUR HORSE

Parelli Patterns:

- Help your horse know what to expect, which is calming, yet motivating.
- Build confidence through consistency.
- Are motivating because they are progressive.
- Cause your horse to feel smart.
- Allow him to use his brain and to be responsible for staying on the pattern without micromanagement.
- Lengthen short horses (the ones that don't have much go).
- Shorten long horses (the ones with too much go).
- Calming for Right-Brain Extroverts.
- Build trust in the Right-Brain Introvert.
- Motivating for Left-Brain Introverts.
- Build obedience in the Left-Brain Extrovert.



Riding with Finesse is one of the most challenging things to do well. Horses are naturally claustrophobic, so building contact and collection needs to be a careful process. The Finesse Patterns will help your horse know what to do while you gently develop more precision, maneuvers and collection.

Will the Levels Program change?

When we first introduced the Levels Program in 1993 students had to do Level 1, be assessed, and pass before being able to get the Level 2 information. In 1999 we allowed students to get the next level whether they attempted the test or not.

Then we introduced the idea of self-assessment as well as official assessment, and interestingly, the number of people who wanted to be officially assessed went up! (Sheesh! If only we'd realized then that making things visible and taking the pressure off helped our students become more confident!) We also videotaped our Level 1 and 2 courses and included coaching from Dr. Stephanie Burns (adult learning expert), which led to a whole new way of developing confidence in students. Interestingly, the *über*-confident students found this boring, but many others told us that it helped them be better for their horses because they now more deeply understood the mechanics of confidence.

So here we are in 2008, and all our continuing observations have taken us to the next phase of evolving our program to help you reach your goals and live your dream, faster and more effectively than ever.

Now you have all the educational concepts at your fingertips in:

- Short, undemanding DVD format so you can learn the language of horses and the secrets of horsemen. (The Success Series covers most of the main concepts of Parelli.)
- The NEW Parelli Patterns so you have the exercises to practice the language and continually improve your skills. (They tell you what to do every day to give purpose and focus to your daily sessions with your horse. This is what Pat Parelli does to develop his horses at each Level.)
- The Savvy Club website and Parelli Professionals so you don't feel lost or alone. You see:
 - Where you are and where you are going (new Levels Checklists for download at www.parellisavvyclub.com).
 - Answers to your questions and problems on the Club website—and if your question isn't already answered, as a member, you are welcome to ask it! (e-mail: membersupport@parelli.com).

We are currently working on ways to create simple search functions and add new video to deliver Parelli "Savvy On-Demand." It's a *huge* undertaking, but a very important one to be able to support you on your individual journey. That's why the Savvy Club is such an important part of your ongoing journey as a horseman. We are listening to your needs and know that you need support in different areas, so we are constantly working on ways to improve that service for you.

If you have more questions that you would like answered regarding the new Parelli Patterns and Levels Assessments, please email us at membersupport@parelli.com. 🐾





Spot the Savvy!

Coco, our photographer, captured a moment in time as Pat helped build this lovely horse's confidence using the big green ball. Can you spot the Savvy? (Answers on page71)



the Saviors

Pat's Challenge

Ten Qualities of a Horseman

Second-hand gold is as good as new, so my goal is to share my experience and help people accelerate their horsemanship journey.

I have found there are ten basic ingredients that can help humans of any age to do this. The first four ingredients are primary for both the horse and the human—the togetherness qualities—while the final six are more from the human's perspective—the leadership qualities.

This is my challenge to you: Don't just learn these ten as ingredients. Master them and make them your second-nature qualities. What if I had learned about these when I was 14 years old? What if you can learn them now and dream bigger and sooner than I did?

1. Heart and Desire

Watch a mare and foal together and you'll see the strongest example of heart and desire. That's how strong the bond could be and should be between horse and human. But people can have too many goals and put their heart and desire into winning or performing rather than with the horse. It's okay to have a strong desire for competition as long as it doesn't get ahead of the relationship with the horse.

2. Respect

We have to teach the horse to respect us. Respect from the horse is measured by appropriate response and quality and length of attention span. As humans, we ultimately need to respect the pure nature inside of the horse. Respect from both, in the end, is mental collection.

3. Impulsion

I think of impulsion foremost as emotional collection. The goal is to get the horse to want to synchronize with your energy and emotion. We need to have absolute control over our emotions so that we are calm, cool and collected for the horse even when things get going fast, or when we want things to go fast.

4. Flexion

For me, flexion is the shaping of the whole horse mentally and physically, and learning to be very fluid and flexible in our own bodies so horses match and mirror us. Every movement we ask of the horse has a certain dynamic shape the horse's body should be in to optimize its performance, from walking to piaffe.

5. Attitude and Focus—Positive, Progressive and Natural

Your attitude needs to be positive, progressive and natural, and people who focus on bringing all three together really make great leaders for their horses. I see people who are kind to their horses, but they're not going anywhere, and most horses are not happy doing the same things over and over again. Other people are very mechanical and use whatever bits and gadgets it takes. And there are people who are progressive and natural, but not really positive.

6. Feel

Horses have to go by feel in order to understand us, especially when we're riding. So the feel we give them, whether we're fluid or stiff, is how they are going to respond. But what gives you feel? In any sport or endeavor, there is usually something you need to focus on to become more natural. People who are training to jump hurdles are taught to look at a spot on the horizon, not the hurdle, and feel going over the hurdles. For us, it's being positive, progressive and natural that will give you feel.

7. Timing

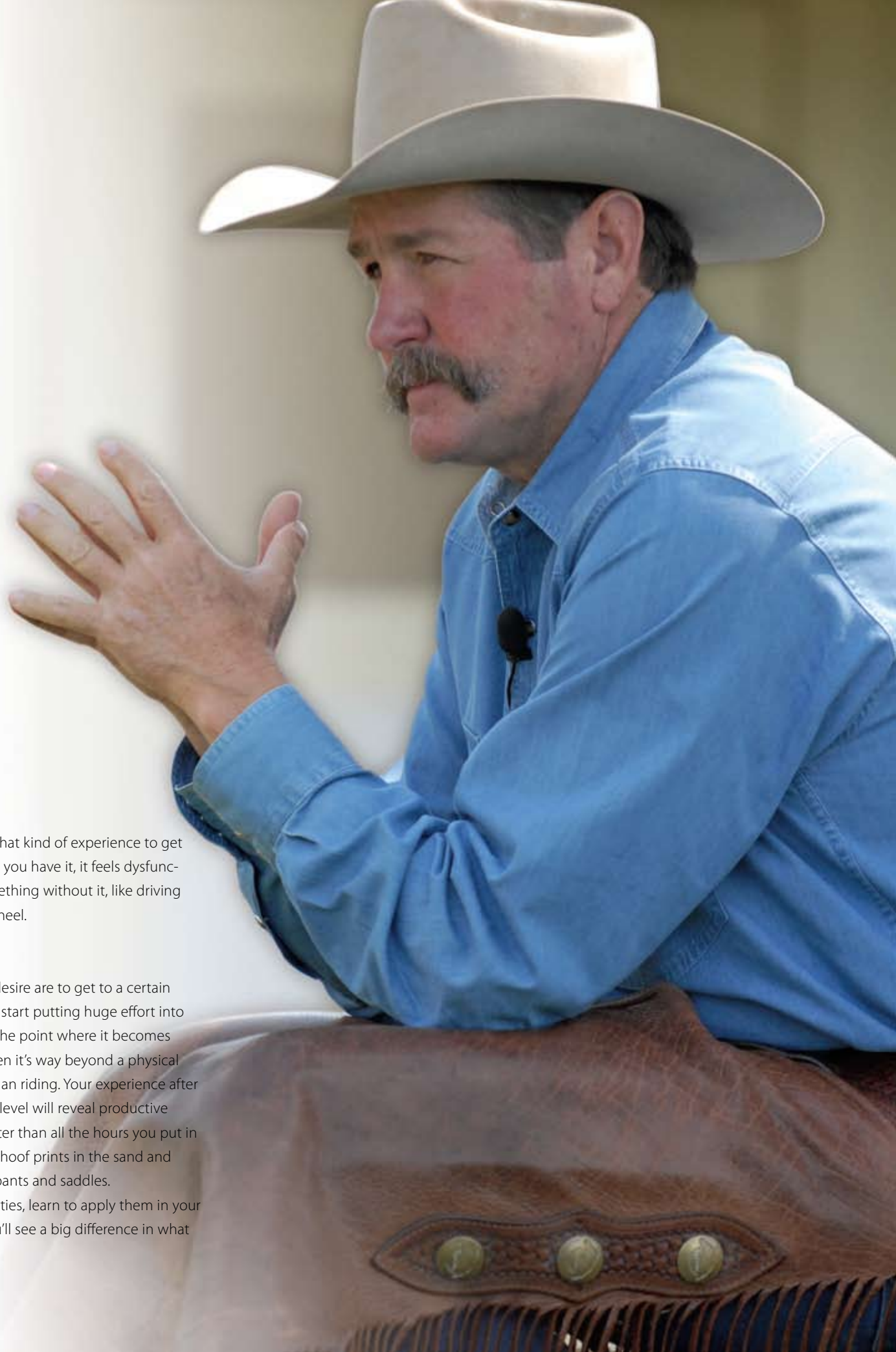
Timing is really important because horses are very rhythmic animals. You feel for the timing through your attitude and focus, and if you make even a suggestion at the right time, everything becomes easy. For example, when we ask a horse to turn but we use our legs too soon, we've pushed the horse like a caterpillar, and the front and middle haven't started that way yet.

8. Balance

From birth, a horse learns to do everything in balance. The thought of movement starts in the horse's mind. He shapes his body, gets his weight right and then moves his feet. For us, the only way for balance to be second nature is to have focus, feel and timing. When we're on a horse we should not have any negative effect on its movement.

9. Savvy

When you combine these ingredients and start getting repeatable results, that's Savvy. Savvy is second nature to me now, but I rode horses thousands of hours and still didn't have any real Savvy. But we



often have to have that kind of experience to get real Savvy, and once you have it, it feels dysfunctional if you do something without it, like driving a car with a loose wheel.

10. Experience

If your heart and desire are to get to a certain savvy level, and you start putting huge effort into real mastery, this is the point where it becomes addictive. That's when it's way beyond a physical thing—way more than riding. Your experience after you get to a certain level will reveal productive results ten times faster than all the hours you put in before that, making hoof prints in the sand and wearing out riding pants and saddles.

Master these qualities, learn to apply them in your relationship and you'll see a big difference in what you can achieve. 🐾

Junior Savvy

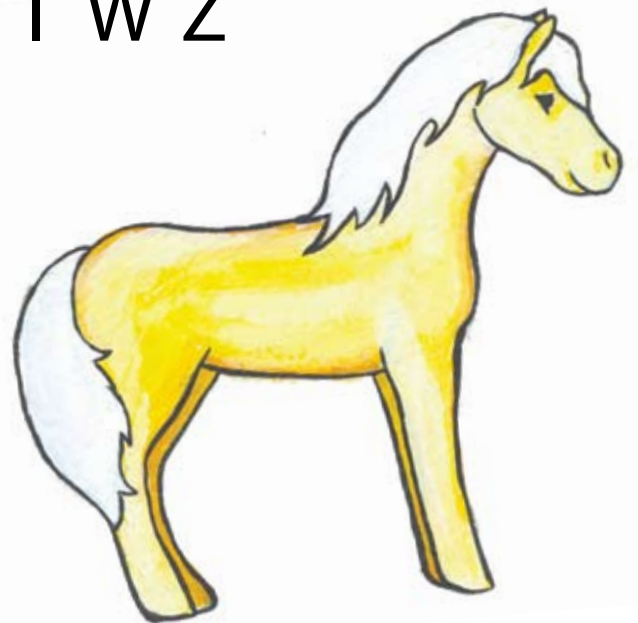
Illustrations by Paula Ellenberger

More fun and games with Elbie and Arbie

Elbie says, "Circle the words in black that best describe me." Arbie says, "Circle the words in red that best describe me." (Hint: Look for 4 words for Elbie and 4 words for Arbie.)

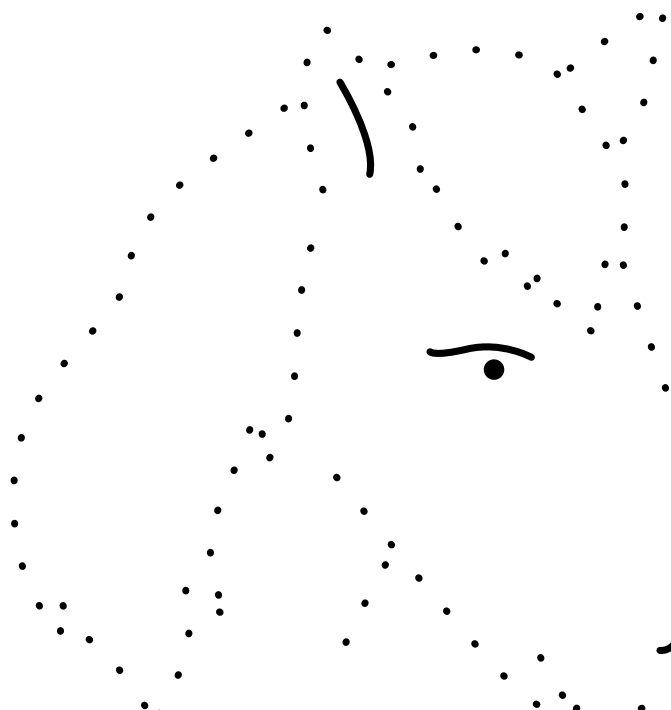


P C O N F I D E N T
X U L T E R J G M W
H R S C A B S L Y X
L I T H R J D F H K
B O S S Y U M R T Z
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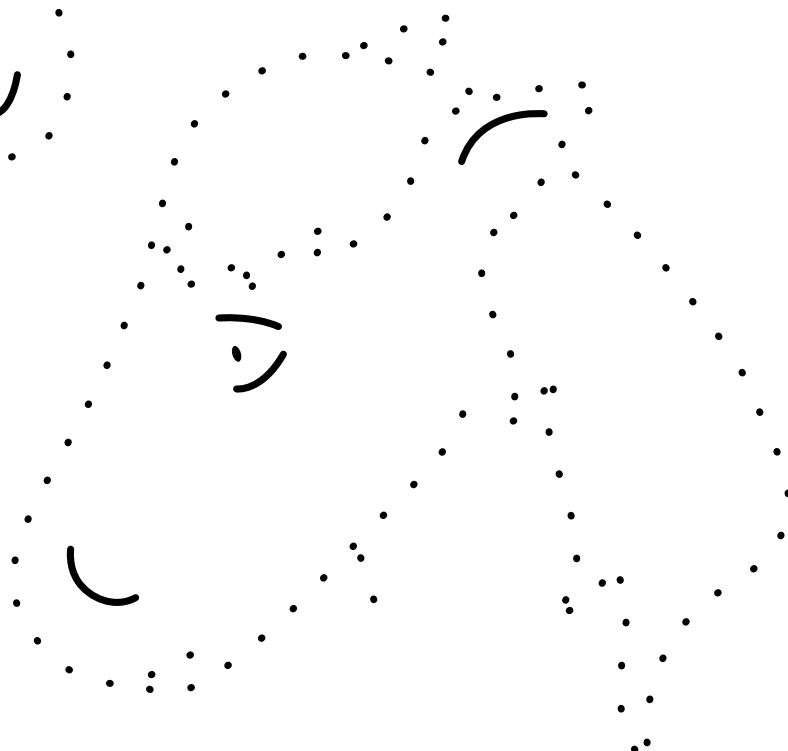




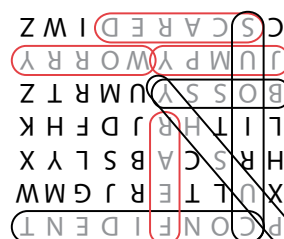
Elbie says, "Connect the dots to create a picture of me. What looks different about my eyes, ears, and nostrils from Arbie's?"



Arbie says, "Connect the dots to create a picture of me. What looks different about my eyes, ears and nostrils from Elbie's?"



Kids, make puppets out of the pictures on this page by logging on to www.parellisavvyclub.com and clicking on Junior Savvy.



WORD FIND ANSWERS



How to Build: A Sundial

***A horse's responsibilities are to maintain gait,
maintain direction and look where he is going.
This is how he becomes a partner—and a sundial
is designed to do just that!***

The simplest form of a sundial is two logs set across from each other on a circle (Diagram 1). One of the secrets of designing a successful sundial is to remember that you do not want to over-face your horse. Longer logs (at least 15') allow the horse more options, while shorter logs put your horse in a position where you are always tempting him to resist you. The idea is to build the sundial with the goal of creating a foundation of positive reflexes. As you and your horse become more confident and competent, a sundial can be altered to have four logs (Diagram 2) or eight logs (Diagram 3).

The Sundial is great for...

- Teaching your horse to look where he's going while maintaining gait and direction.
- Riding - Freestyle or Finesse.
- Playing on the ground on 22- and 45-foot lines.
- Using: the inside (no logs); the middle; and the outside.
- The more collected you get (Finesse), the closer to the middle you go. 🐾

What you will need:

- 22-foot Line/45-foot Line
- 2 to 8 15' logs approximately 8" in diameter
- Bag of lime/marketing chalk
- Chalk liner (optional)

How to build:

- 1) (Diagram 1) Take a 22-foot or 45-foot Line and mark your circle with chalk.
- 2) Think of your circle as a clock. Make hash marks at 12:00 and 6:00 on your circle.
- 3) Place the middle of a log on the line at the hash mark. (It may be easiest to measure and mark the middle of the log before placement.)
- 4) (Diagram 2) Add two more logs to the circle, one at 3:00 and one at 9:00, by placing logs as in steps 2 and 3.
- 5) (Diagram 3) Add four more logs to the circle. Place the logs between 1 and 2, between 4 and 5, between 7 and 8 and between 10 and 11 by following the placement directions in steps 2 and 3. (Think of dividing the circle into an 8-slice pizza.)

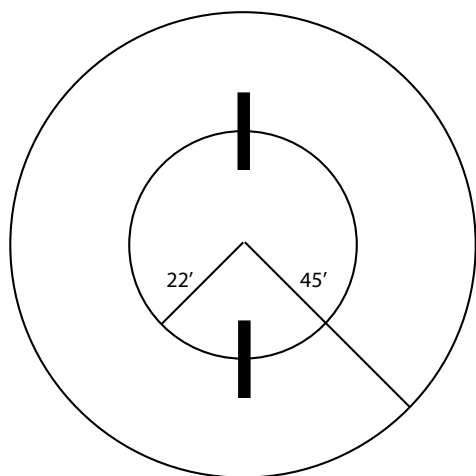


diagram 1

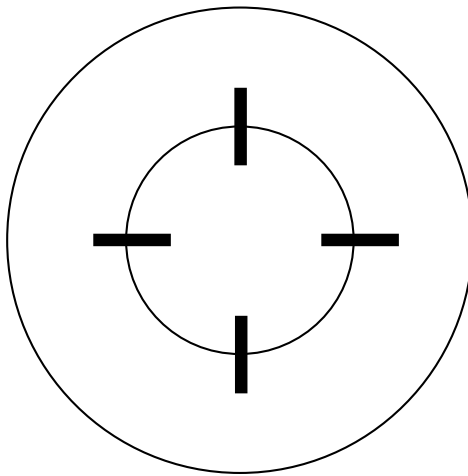


diagram 2

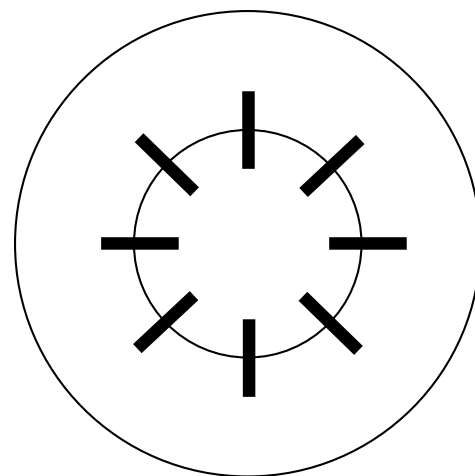


diagram 3

Problem Solving

What is Kicking All About?

by Linda Parelli

Kicking is the most natural thing for a horse, and it's good to know that the hind legs tend to be the weapon of choice for introverted Horsenalties™. So why do horses kick? What provokes them?

Is it Right-Brain or Left-Brain?

Horses kick when they play (Left-Brain), and they kick when they are scared (Right-Brain). They also kick when they are defiant (Left-Brain). And they don't miss targets, but they often bluff or do it from a distance, much like a naughty child who makes sure he is out of reach. Watch horses together and you'll see it, and you'll see how and when they do it. It doesn't happen without warning, so what you need to look for are all the signs that signal the kick. Interestingly, people are most often kicked by introverted horses,

because they can get close to them. That's why learning to read the horse is so important to staying safe. You'll know to stay out of the horse's kick zone or to keep him well away until he's calm and relaxed.

The Situation

Right-Brain horses mostly kick when cornered and surprised or scared. Left-Brain horses kick out of defiance, so it is more likely to



happen when you are trying to get them to do something, such as to move when they are not ready to or don't want to, or when you are touching them in a spot they have not given you permission to touch.

The Emotion

Evaluating your horse's emotional state is important because you'll know what he's apt to do. Where is he at—Right-Brain or Left-Brain? If he's Right-Brain, he'll be tense, with tail tucked, head up, ears pointed back in fear of the thing happening behind him, body and legs braced. If he's Left-Brain he'll be relaxed and almost lazy-looking, and turning away from you. It's kind of slow, as if he's thinking about it; but the tip-off is that he's disconnected from you. He might even have a cranky expression and be trying to tell you to leave him alone.

***Otherwise he'll be kicking out from a distance,
the way a child sticks his tongue out behind your
back or as he runs out the door.***

The Warning

The Right-Brain horse will often suddenly tuck his tail a notch tighter, may even crouch his hindquarters a bit. He is probably having trouble standing still and tends to kick because he feels trapped, such as in a corner, or is tied, cross-tied or held fast by someone else. In these situations he is prevented from escape or from releasing tension by being able to move his feet.

The Left-Brain horse will either make a fast move before the kick, such as angrily swish his tail or toss his head, or lift his leg as a threat, at the same time pinning his ears or swishing his tail. The Left-Brain horse actually gives you some time, and the kick is delivered with a lot more visible warning.

The Kick

Right-Brain—lightning fast. *Wham!* It almost always connects, sometimes several times in rapid succession if he is in a panic.

Left-Brain—kind of slow and more like a sucker punch. He draws



you in and then lets you have it. Otherwise he'll be kicking out from a distance, the way a child sticks his tongue out behind your back or as he runs out the door.

What Should You Do When You Get Kicked?

Say "Ow!", presuming you're conscious, of course. All kidding aside, once you are kicked, it's too late, and punishing the horse is not the right thing to do, nor is it effective. The horse kicked you out of fear or disrespect or dislike for you, so smacking him is not going to improve your image. Actually, your horse is even more likely to do it again if you punish him! You need to focus on becoming your horse's most esteemed and trusted leader. Horses put a lot of effort into not kicking their alpha.

Left-Brain Kick

- Slow-draws you in then lets you have it

Right-Brain Kick

- Lightning fast, almost always connects

What to Know?

You need to know that the potential to get kicked, bitten, run over or struck at is high any time you are with a horse that does not trust or respect you, is on adrenaline or stirred up, feels cornered, threatened or pressured in any way. The whole point of Savvy is to stay out of the kick zone, be able to defend your personal space, create undying trust and respect and never put your horse in a position

where he feels the need to defend himself against you or attack you or to go to Phase 4 to get his message across.

Horsemen are a lot like you and me; they just read horses better, and they know what is apt to happen, and they don't go there. And if they get kicked, the first thing they acknowledge is what they did to cause it.

What to Do?

Invest in the relationship with your horse. Get to know his Horsenality and make sure you are doing the savvy things that get you closer to him and cause him to like you, trust you, respect you. All too often people get very goal-oriented and forget how important the relationship is. Using the Horsenality model, get to know what is important to your horse and do it.

Learn how to *read horses very well*; study that intensely. Every time you watch Pat play with a horse, or me, or one of our professionals or faculty members, or even someone who is doing it all wrong, you will learn what to do and what not to do. Practice reading horse expressions and behaviors, and you'll be amazed at how clear they are. If you plan to be safe and confident with horses, you need to know horses, not just your horse. ***Make no assumptions.*** The horse you were with yesterday may not be the same today. You don't really know what happened since you left, and you don't really know how your last session went for him until you see him the next time!

If your horse is looking at you with ears pricked and a positive expression, if he's not tense or bothered or distracted and you are not introducing something new, you're probably okay. But savvy people don't bank on that. They earn every positive, trusting and respectful moment with their horses every day, in every way. 🐾



I'm always amazed by Ginny Sue's ability to start with similar items from all these different people and have each person's presentation be so unique!



Ever since I first heard about Parelli Awards I've wanted one. I'm always amazed by Ginny Sue's ability to start with similar items from all these different people and have each person's presentation be so unique! I was so enchanted when I found myself stuck in Level 1 purgatory and badly in need of some motivation, to finally venture on to Level 2, that I made a decision: Once I passed my Level 1, I'd treat myself to that Parelli

Award that I'd wanted for so long. So I picked out a place on my wall that I was going to hang my victorious Level 1 presentation, contacted an instructor who could help my horse and I get unstuck, and a few months later, I had passed Level 1. I emailed Ginny Sue right away! Working with Ginny Sue on the presentation was great! She was able to take some ideas that I had and develop them into something amazing. I always enjoyed our telephone conversations because she was so nice and just as excited about the presentation as I was!

— Michelle

**For your personalized details and to place an order, Contact GinnySue at:
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Stall Rest

by Cynthia McFarland

Make the Best of the Situation When Confinement Is Required

Stall rest. It sounds like a simple concept: a horse relaxing quietly in an enclosed area while he recovers from some injury or ailment.

Veterinarians often prescribe stall rest as part of treatment, depending on the horse's particular situation. Indeed, there are so many conditions—such as fractures and serious tendon injuries—that demand extremely limited activity on the horse's part in order for him to heal properly.

Yet as horse lovers, we know that extended confinement goes directly against the horse's nature. So I interviewed Linda and Pat Parelli on the subject to find out how they deal with horses in a savvy way when the veterinarian recommends stall rest as part of healing.

What has been your personal experience in dealing with horses on stall rest?

Pat Parelli: "Stall rest seems to be a commonly prescribed part of treatment, but it's one we don't necessarily follow to the letter

unless it is a severe injury that requires immobilization. For a herd animal, stall confinement away from other horses is really tough. I actually think we have no idea of the mental and emotional damage it does.

"Our young horse Smart Seven had to be confined to a stall when receiving stem cell therapy for a cyst-like lesion in one of the bones of his stifle during his yearling year. The separation and lack of appropriate attention (our fault for not being in Florida during that time) led to some quite extreme stallion behaviors that made handling him far too risky for our staff, and especially for having my son, Caton, around him.

"Smart Seven was gelded, and it took some time before these behaviors receded, both for the hormones to leave his body and to overcome the learned behaviors he didn't need to learn. He's doing great now, but one cannot help but think that this has in some way affected his potential."

Linda Parelli: “We have found that horses can become stressed and depressed when kept inside, especially if they are not accustomed to being in a stall or denied regular turnout, and this affects their healing. We listen to the vet and then make our decision appropriately, taking full responsibility for the result. To our way of thinking, it would be devastating to heal the physical injury but end up with a mentally damaged horse, so we try to weigh all the factors.

“We had a young horse that had hurt his leg, but the vet was not exactly sure what the problem was, so stall rest was recommended. This horse’s condition deteriorated rapidly; he became depressed, lost a lot of weight and ended up on an IV drip with the vet wanting to prescribe ulcer medications to protect his stomach from the anti-inflammatories to be prescribed for something they were not sure was going on.

“I decided not to do that and instead had the horse turned out in a large pen (75’ square), having faith that he would observe the pain in his leg and not overdo it. The turnaround was rapid. He immediately brightened up and regained his appetite, and within a short time he was no longer lame. He is now appearing with Pat at some of our events; his name is Legend.”

How does the type of stall or confinement affect the situation?

Linda: “The type of stall is a big consideration. If you have a stall that has plenty of natural light and ventilation that allows the horse to easily see other horses, he won’t feel as isolated.

“If at all possible, keep another horse close to him. It’s even better if they can touch each other across a sturdy fence or divider so they can scratch and nip and do things that horses like to do, or at least stand next to each other. If, however, you take all the other horses out of the barn and just leave the one on stall rest inside, he may be even more upset.”

Pat: “A horse in a stall who isn’t accustomed to being in a small area may actually make tight turns and movements due to anxiety and move his limbs in more compromising ways than if he was turned out. Because of this, making the stall a larger area than just a 12’ x 12’ space can be beneficial. We have outdoor pens that are 75’ x 75’, and horses fare even better in this size.”

Because each horse is unique, some handle stall confinement better than others. How does Horsenality™ apply to the topic of stall rest?

Pat: “The more extroverted the horse, the tougher time he has with confinement. This is not to say that the introvert doesn’t suffer from it as well, just that it is more obvious in the extrovert.”

Linda: “As a rule, horses with high spirit are more sensitive, energetic and curious; for this type of horse, being kept in a stall is akin to solitary confinement. Horses are amazingly adaptable, but this can

come at a mental and emotional cost if their human caretakers don’t find ways to handle the situation in the horse’s best interest.”

Find out what your horse likes from your company and do it a lot. Take a book to his stall and hang out; rub on him and give him lots of scratches.

When I put myself in my horse’s shoes, I realize stall rest could be incredibly boring. How can I make it less tedious for my horse and keep life interesting for him during this time?

Linda: “If you watch horses at pasture, they spend a lot of time just hanging out together, swishing flies and dozing. Find out what your horse likes from your company and do it a lot. Take a book to his stall and hang out; rub on him and give him lots of scratches. Note that if he’s a Left-Brain Extrovert, your book will be shredded, so be ready to do more entertaining for this horse!

“Lessen boredom by hiding pieces of carrot in different places in his stall, or check out Amazing Graze, a product developed by one of our students. You can put treats inside, and the horse has to play with it until the treat comes out. This satisfies his foraging instincts and keeps his mind busy.

“Walk your horse on a lead rope out to graze (if the vet says this physical activity is acceptable), or bring him freshly picked grass. To keep him occupied, feed the horse in small increments throughout the day, six times a day or more, so he can forage steadily instead of becoming anxious about a meal.”

Pat: “Probably the most important thing to do is to offset the times of shots or medications. You need to create some kind of balance so that is not the only time he gets attention. Otherwise it can lead to a bad association, with the horse starting to fear or dislike people because all they do when they come to him is something miserable. The good has to outweigh the bad!”

I hate to lose ground in developing my horse while he’s laid up. Are there safe ways I can continue to play with him to improve our relationship while he’s on stall rest?

Pat: “Meet his emotional and mental needs by interacting with him frequently and teaching him things that don’t require him to move around in ways that could be detrimental to his physical healing. Give him massages, scratch his itchy spots, play the Friendly Game and only ask for physical movement that your vet feels is safe at this time. If he’s a curious, playful type, give him things to do with his mouth—for example, picking things up and giving them to you.”

Linda: “Teach him things that don’t involve a lot of movement, like picking up his feet when you click your fingers; lowering and raising his head or tail; leading by the tail; lateral flexion, etc. Teach

him some entertaining tricks, such as counting, smiling, nodding and shaking his head for yes and no. You can look for a book on horse tricks, but use your natural Savvy to make sure you don't do this in a predatory way."

Even at my barn horses are brought in to be fed and continue their development but then go right back out to pasture. They are not stalled overnight.

Not every horse owner has spacious pasture or turnout for a horse, and as a result, there are many horses that live in stalls or small enclosures. What are your thoughts on stall confinement in general?

Pat: "At the Parelli Centers in Colorado and Florida our horses are not kept in stalls. Even at my barn horses are brought in to be fed and continue their development but then go right back out to pasture. They are not stalled overnight.

"We understand that not everyone has the facility to do this, but it might make people think seriously about trying to find a place to keep their horse that does offer extended turnout. If a horse has to be stabled 24/7, it is critical that he get out and be exercised for more than an hour, and this should be mental, emotional and physical exercise. Longeing a horse in mindless circles doesn't cut it!"

(The Seven Games are designed to engage the horse physically, emotionally and mentally and to help people form a relationship with their horses, which is especially important for horses that are kept alone or confined most of the time.)

Linda: "Insecure (Right-Brain, unconfident) horses definitely like a safe place, but solitary confinement is not healthy. Stall vices are legion, as are ulcers, colic and aggressiveness, not to mention perverted behavior in stallions. A lot of people try to protect their equine athletes by keeping them in a stall because their energy and playfulness can lead to injury when turned out—which, of course, they are trying to avoid with a performance horse.

"However, most of the performance horses we've had to help have extensive emotional issues and are socially inept, quite spooky or shut down. While a poor training approach plays a role, so does the manner in which the horses are kept, especially when you consider that they are most likely in that stall for a good 22 hours each day. Luckily, they are exercised, but usually they have no freedom to express themselves.

"As noted dressage master horseman Walter Zettl says, 'The poor horse is kept in the box all day, then taken out and ridden in a box—tight reins and a stressful training session.'

"It bears thinking about that so many horses never get to be horses and to enjoy some level of freedom and the company of other horses." 🐾

"In 2007 my 13-year-old Appaloosa mare was diagnosed with a tumor on her left ovary. By the time the surgery was performed, my mare, Derby, had to be on stall rest for eight weeks with a further eight weeks of recovery time. Being a Left-Brain Introvert, Derby becomes bored easily. I knew that I was going to have to use all my Savvy to prevent her from going crazy in her stall for all that time. We kept lots and lots of hay in her stall. To make things more interesting, we filled a few hay bags and placed them in different areas of her stall to make grazing a bit more of a challenge. I would also hide treats in various areas of her stall while I was cleaning it out. She never failed to find every single one. We had the other horses at the facility each take turns staying in for the day to keep Derby company. Derby was allowed hand-walking, so I would get up a half hour early each morning and go out to the barn and take Derby for a mosey before I went to work. I'd then go back each day after work to clean her stall and for more moseying and undemanding time. After the first couple of days, when she heard me greeting the owners, she would bellow a hello to me from her stall to say 'Get me the heck out of here! Let's mosey!' Because of her recovery time, I had to get more creative with our Seven Games, which kept her more interested. Since Parelli is way more than just riding, we were able to take advantage of my 16 weeks out of the saddle and make great strides in our relationship."

—Lisa, Canada

"My horse Montana was on stall rest a couple weeks ago because he went lame in his right hind. I knew it wasn't going to be easy getting him in a stall, as he gets a little loopy when he's trapped. Though he wasn't pacing and yelling as he normally would, I could see the panic in his eyes. The only thing I felt was right to do was stay with him. I pulled up a chair and a pillow and stayed in the stall with him the whole night. He was so relieved when he realized I wasn't leaving him. He hopped over to me and put his head in my lap, and within 30 minutes he was fast asleep. I rubbed his head for hours until I couldn't keep my eyes open anymore. So every night after his dinner I would pull up my chair and rub him to sleep. Of course, I couldn't sleep there every night, but I did stay with him a good two hours until he relaxed."

—Krystine, USA



Parelli Essentials is in my barn to stay. I stopped using Parelli Essentials in a misguided effort to save money. What a mistake! My healthy horses started to have problems. After two minor gas colics, a bad hoof abscess and a chewed-up barn, I began to think about what I had changed in their diets. I realized the only change was the absence of Parelli Essentials. I ordered right away. The wood chewing stopped in two weeks. They look and act healthy—very playful, with bright eyes, and their winter coats shine.

—Linda Algire, Fawny & Melody

Parelli Essentials

Parelli Essentials helps the horse treat itself from within through the most natural evolutionary process of all, good digestion.

Available in the US only



Q & A with Pat

Q: I am halfway through the Liberty and Horse Behavior home study course, and I heard Linda say something that intrigued me with regard to what horses want. We all know it's safety, comfort, food, play in that order. However, Linda mentioned that for some horses food is a safety issue.

I have two Quarter Horses that I would define as Left-Brain horses. One is a mild-mannered, obedient Left-Brain, and the other is a smart, dominant, pushy Left-Brain. I turned them out on some field grass at our place, and the mild-mannered horse seemed to enjoy grazing, while my "punk" seemed frantic, as if he wasn't really enjoying himself. He moved all around, eating quickly, and after he grazed for an hour, I would try to put him back in his pasture, but he freaked out, bucked, etc. Am I reading too much into this (don't they all love to eat?), or am I on to something here? Any advice would be greatly appreciated.

A: All horses have to eat, but, when their safety is threatened, food is not even in the picture. Mealtime is often a stressful time for horses. They get very competitive with each other and sometimes even threaten the person feeding them. It's natural for them, but it's more exaggerated than in the wild, because there they are feeding all the time, so watering tends to become the time of battle. The dominant horses feed and water first.

I'm not sure what you mean when you said Linda says that for some horses food is a safety issue. Could you mean that when a horse has safety issues he's not interested in food? The hierarchy of needs is correct: safety-comfort-food-play, although certain Horsenality™ will choose play over food, such as Left-Brain Extroverts. But in both situations the horse is in a confident frame of mind.

Horses are very emotional creatures, and it's important that we learn how to help them access a calm, confident state of mind no matter what the situation.

Concerning the second part of your question, I would imagine that the horse that feels frantic is lacking confidence in that situation. He can't relax, so he's operating in the safety-comfort part of the needs hierarchy. This will explain his rapid eating and inconsistent behavior, and when you take him back to his pasture his adrenaline is probably up, and he's letting loose. It's not uncommon for horses to keep it together on a trail ride and then explode when they get home, for example. Horses are very emotional creatures, and it's important that we learn how to help them access a calm, confident state of mind no matter what the situation. So rather than allow him to have trouble grazing, I'd play with him until he's calm enough to graze.

Q: My horse Jimmy has changed a lot since I first got him. He has gone from being the crazy emotional Right-Brain Extrovert horse at the end of my 22-foot Line (or practically running me over) to being a way more confident and dependable horse. He does really well as long as I do not change things too much or try to kick it up (even a little) to the next level (working on beginning Level 3).

I had a session with him recently in which I tried to further our growth, and it went to you-know-where in a handbasket rather quickly. He was really with me when we were playing on the ground, so I hopped on and had a plan to work on transitions. I was trying to be more particular about the cleanness of my stops and departures, including the quickness with which they were executed.

He turned into a ball of nerves after a few of them (I did go to his Phase 4 once, since he doesn't need much!), and I could feel his heart beating through the saddle, which is something that usually happens only when he gets really nervous and unconfident around new horses. It didn't matter what I did to calm him down or to try to get his mind back. He was gone! I quickly dismounted and tried to end on the best possible terms on the ground.

The other interesting thing I noticed over the course of that week was that he lost some weight. I would say 20–30 lbs. He is such a hard keeper as it is that adding any emotional stress seems to send him over the edge. This may be the reason he is such a hard keeper.

How can I continue to progress with him in a positive way and still keep him emotionally sound?

What I try to think about is putting the relationship first, which means I try to cater to the Horsenality and make it easy for him.

A: What you need to know about Right-Brain Extroverts is that even though you help them to become calmer, they are still innately Right-Brain Extroverts. They default to fear. They are naturally unconfident, and it's easy to push them over the edge.

It sounds to me as if when you become more particular you are putting too much pressure on him, because you are asking for more speed and precision at the same time, so you probably hit overload for your horse. What I try to think about is putting the relationship first, which means I try to cater to the Horsenality and make it easy for him. Not only does the Right-Brain Extrovert have trouble with self-confidence; he also has trouble trusting the leader, so I need to take it very slowly, do a lot of repetition and constantly build confidence. As soon as you begin to play at higher levels you have to be a much calmer, clearer and more considerate leader. Break it down into smaller, more manageable ingredients. Take the one task and do just that one over and over and over until your horse gets calm,

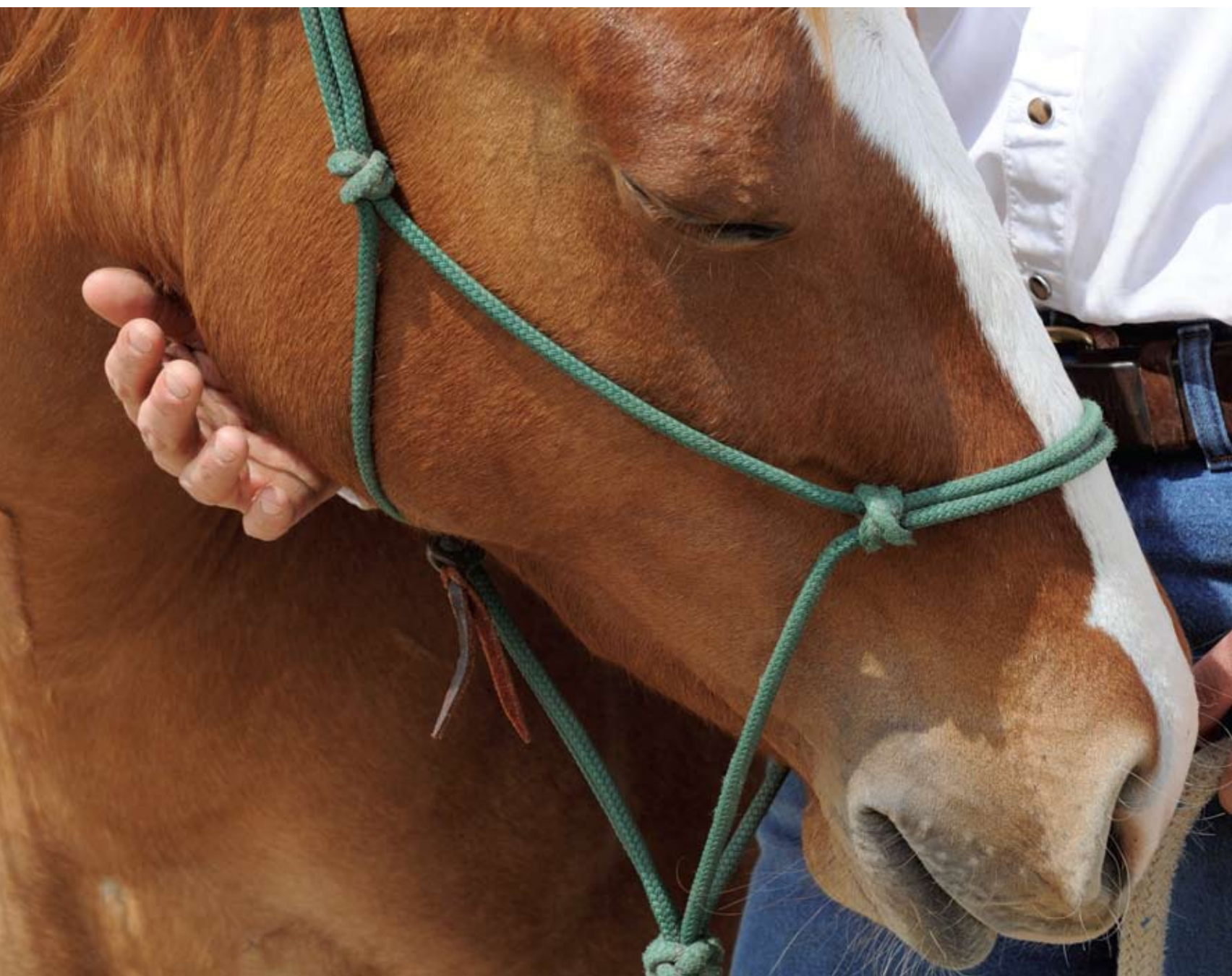
and then quit. I think you just did too many because you were trying to improve your stop and your go and the quickness. Does that make sense?

***And the slower and more repetitive you are for the
Right-Brain Extrovert, the better.***

For example, let's practice the stops. Use a marker such as a cone so that your horse knows where you are going to ask for the stop. He'll get it after a couple of times of stopping there. When he overshoots the cone, gradually bring him to a stop and then back him up until he's behind the cone again. Then wait there until he relaxes. You might even do small circles past the cone instead of straight lines,

because that will be more settling for his Horsenality. Don't ask for the stop until you feel him relaxing and thinking about stopping or slowing down. The next day you can practice the go, again using a cone. See how long it takes to get into the canter, and then start well before the cone so you actually get the canter at the cone (or trot, or whatever gait you are shooting for). It's up to you to set this up for your horse to be successful. With repetition he'll start to know that he should canter at the cone, and then you can use shorter and shorter preparation distances to achieve it.

The smaller the learning chunks or ingredients are, the better. And the slower and more repetitive you are for the Right-Brain Extrovert, the better. You will help him become more emotionally fit, and best of all, you won't cause him to lose his confidence. 🐾

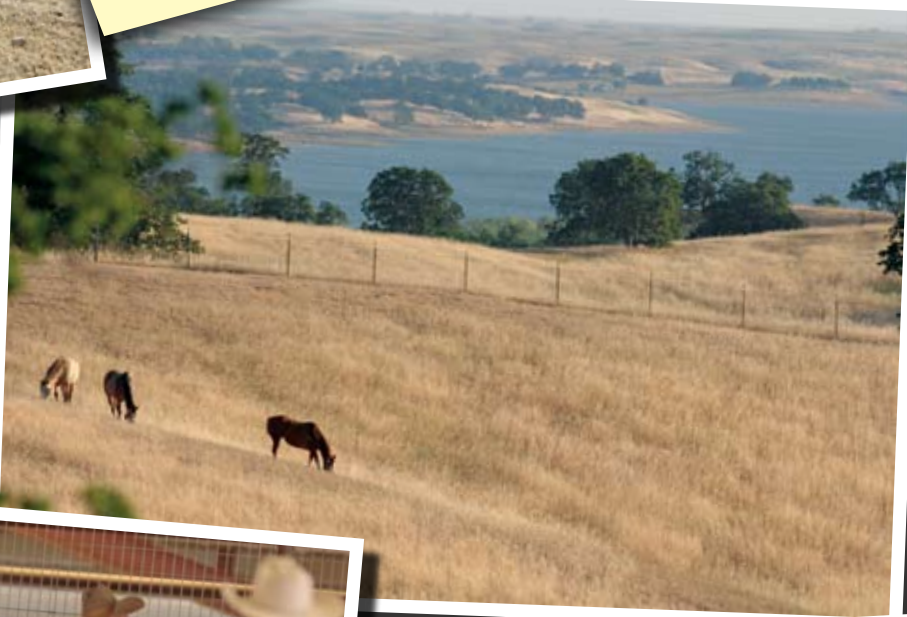


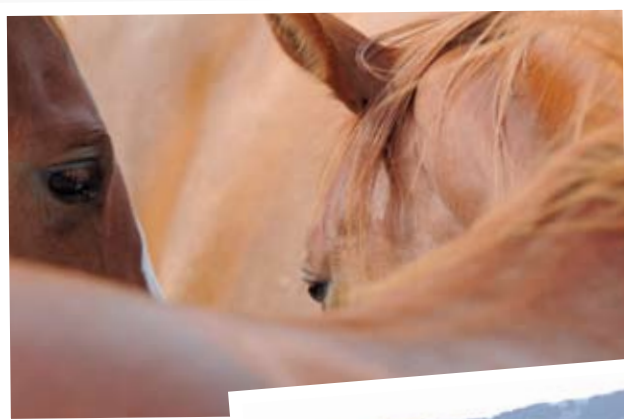
No Matter Where We Go There We Are

Atwood 2008

by Parelli Photographer, Coco

Fred n' Ginger
Ham n' Eggs
Peanut butter n' Jelly
Parelli n' Atwood!
-Coco





Savvy Club Update

Tips for Attending New USA Tour

When you arrive at one of the next USA Tour events, get your tickets ready and head for the big golden Savvy Club flags at the entrance to the venue.

Day 2 is SAVVY CLUB MEMBERS and their guests! Pat and Linda will spend the day giving instruction and information specific to Savvy Club Members only. So get your tickets for you and your buddies soon. Please note you can only request as many member tickets as the number of people on your membership. In addition to your member tickets, you can request up to five buddy passes for friends.

Don't Forget Your Passport OR Journal & Membership Card

Requesting tickets will get you in free to all the Parelli USA Tour stops, but don't forget your Parelli Passport/Journal and membership card. Your Passport/Journal can be stamped at the Savvy Club booth with a unique stamp at every Tour stop or major Parelli event to document your journey! Your card will be swiped to add your 25% discount to your purchases at the show. Lost your card? Be sure to have a record of your member number.



We Want to Hear from You

As we integrate the Levels program into the Savvy Club, we need your help now more than ever. This is your Club, and we need your feedback! What elements of the Savvy Club do you like? What do you want to see more of? What will help you in your journey? Please send any and all ideas—we are ready and listening!

Mail can be sent to: Parelli Natural Horsemanship, Attn: Savvy Times, PO Box 3729, Pagosa Springs, CO 81147, or you can e-mail savvyclub@parelli.com.

Stay in Touch with Parelli e-News

Parelli e-News is our official weekly newsletter. Find out about special offers; get Tour updates, TV programming news, new releases, tips and more.

Call 1-800-642-3335 (U.S.) or 1800 460 988 (AU) or 0800 023 4813 (U.K.) to update your e-mail information with us, or you can do it yourself on the Savvy Club site at www.parellisavvyclub.com to have e-News conveniently delivered to your inbox. Some e-mail programs have spam blockers that prevent delivery. Don't worry! You can view e-News each week from the link on the www.parelli.com home page.



Members Receive 25% Off!

Members receive 25% off all Parelli education and equipment! This offer applies whether you order on the web, call us by phone or make a purchase at an event. (Note: Parelli Center course discount is 35%). When completing an order in the Parelli Web Shop, make sure that the system has recog-

nized you as a Savvy Club member. When you are properly recognized, the upper right-hand corner will say "Welcome (your user name). You are a Savvy Club member."

The login page explains the steps you need to take to make sure you are recognized. If you have followed all of the steps and still have problems, please e-mail savvyclub@parelli.com or call 1-800-642-3335 (U.S.) or 1800 460 988 (AU) or 0800 023 4813 (U.K.).

Savvy Club Website - New Updates!

We promised never ending support for both you and your horse and we're always looking for more and more ways to provide it!

We'll be implementing changes in the Savvy Club website on an ongoing basis over the coming months, they include:

- "Ask Pat & Linda" Search Feature
- More article and theory archives
- New Levels Self Assessment Charts
- New Videos
- RFD-TV Shows
- Spanish, Italian, German, and French Translation transcriptions of the Success Series
- New Forum topics



Have you been to parellisavvyclub.com lately? Check it out!

What's happened since...

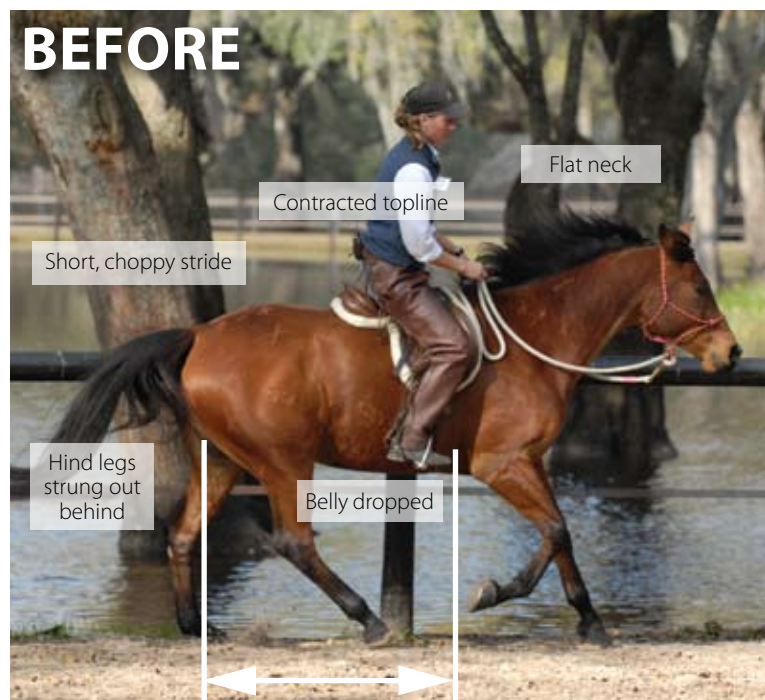
Marj and her Arabian/Trekhener, "Gee" experienced a typical contrast during a Parelli "Makeover" at The Parelli Center in Florida in January 2007. With proper equipment (Parelli Saddle, Theraflex Pad and shims, rider posture and fluidity) results were visible immediately.

Marj was so amazed by the wonderfully smooth, comfortable feel of Gee's movement under the Parelli Fluidity saddle system compared to her own that she ordered one that very day!

We caught up with them in April, 2008 at the Harrisburg tour stop, where they had earned a position on the Savvy Team,

and Marj gave us an update of their progress with their Parelli Fluidity saddle.

She just bubbled over with enthusiasm as she told several tales of Gee's previous life-long problems with tripping/stumbling/falling due to birth defect-oriented neurological problems, culminating with her exclamation that "He can now even do lead changes! If THIS horse, who struggled so long, has showed so much improvement with just a saddle change, just imagine what the saddle could do for a non-physically challenged horse!"



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Pat's Performance Barn

What does it take to live and work with Pat at his Performance Barn?

Meet three of his students who have accepted the challenge.



Where are you from?

Emily: Whitefish, Montana. Go Big Sky!

Jena: Mancos, Colorado.

Lyndsey: Boulder, Colorado.

What made you want to apply to work at Pat's Performance Barn?

Emily: First of all, I have always wanted to ride with Pat and Linda (who wouldn't?!). Second, I have always wanted to be a member of the Parelli worldwide team. I applied to work at Pat's Performance Barn because I really wanted to raise my horsemanship to Level 4

and beyond. I am especially interested in the performance aspect of horses and the Parelli Program. As Pat has always said, "Take care of your horsemanship, and it will take care of you."

Jena: From my parents buying me a pony as a stroller to nine years of rodeoing and competing, my life has always revolved around horses. When I was about ten years old my dad ran across one of Parelli's first flyers about taking courses at the Pagosa ranch. I didn't think much of it at that age, but little did I know that it would have everything to do with my future. In 2006 I came to my first course. I had really gotten into the program for about a year, and I wanted

to find out more. I fell in love with the program (like most of us do) and knew that this was the direction that my life was leading me in. About eight months after my course there was no stopping me. I had to get to the Parelli ranch! I was given the opportunity to interview for Pat's barn to be a protégée. I jumped on the opportunity and am very grateful that I'm here. One of my main goals is to take the Parelli foundation to the rodeo arena and represent Parelli. There is no other place that could prepare me more for that than learning at Pat's Performance Barn.

Lyndsey: I was going to school at the University of Northern Colorado and studying in the pre-vet program. I was struggling badly in chemistry and was becoming very frustrated in school, knowing that I was getting further and further away from vet school. After seeing Pat and Linda at the 2007 Loveland, Colorado tour stop I decided that I wanted to go apprentice with them. I wanted to develop professional skills and habits on both the horsemanship side and the business side of the horse industry.

It's an atmosphere filled with people who are living their dreams and always pushing to be the best they can be. There are not many places in the world that can offer that on a day-to-day basis.

What is it like working at Pat's Performance Barn? What kinds of things do you do, and what have you learned?

Emily: No two days at Pat's Performance Barn are the same. Every day is unique and full of new challenges. Things that I do at the barn include bringing horses in and turning them out, washing, grooming, saddling, ground skills and riding skills. I get the opportunity to play with anywhere from five to seven horses every day. I have already learned many more things than I could list here. However, if I could name a highlight, it would be the two formulas that I always seem to be coming back to. They are "Rapport, Respect, Impulsion, Flexion" and "Mind, Flexion, Weight, Feet." Those two formulas can be applied to all Seven Games in all Four Savvys.

Jena: Working at Pat's Performance Barn is amazing! Every day is a new learning experience, and you learn at a deeper level. You find yourself reaching for higher goals—not only acting like a professional in your everyday routines,

but working at becoming a Parelli Professional. It's an atmosphere filled with people who are living their dreams and always pushing to be the best they can be. There are not many places in the world that can offer that on a day-to-day basis. At the barn as a protégée I get to learn all aspects of horse development. Pat is always doing things to stretch our minds and make us think outside of the box. Pat always reminds us to be progressive and creative and still live by the Parelli principles. We get to work on our skills in developing horses and learn all aspects, from grooming to horse health to performance. I feel the things I do on a day-to-day basis will serve me well in all aspects of my business.

Lyndsey: My official title at the barn right now is protégée. A protégée helps develop and maintain Pat's horses through the guidance and structure that Pat has created specifically for horse development. Working at the barn is really fun, because there is so much variety. One day we will be studying classical dressage, then working cow horse, then studying a particular Savvy. As much fun as it is, it is also very demanding. What makes it challenging is that it is very much a professional barn, and because I am just developing my professional skills, sometimes it can be a little bit stressful to achieve exactly what Pat is striving for on the first try. The biggest lesson that I have learned at the barn so far was during colt start. I discovered that if you can try to teach your horse nothing that he doesn't need to learn, that minimizes opposition reflex and allows you and the horse to communicate at a level that will help the horse develop his strengths for the future.



Emily



Jena

ly knew that coming here would help me grow into a horseman, but I never expected to learn so much about what I expect out of life. When I went home for Christmas of 2007, the first break I really had since coming to Parelli, I realized how many people weren't living their dreams and how lucky I was to be living mine. Having that realization and discovering that I really was living my dream has pushed me mentally, emotionally and physically to do even better and has inspired me to take myself another step toward making the most of this incredible opportunity.

It's an atmosphere filled with people who are living their dreams and always pushing to be the best they can be. There are not many places in the world that can offer that on a day-to-day basis.

Lyndsey: I knew that I loved horses since the day I was born. I've always known that they are amazing animals, but until now I never really understood what it was that made them so remarkable. Having a deeper understanding of how truly perceptive they are and connective they are with humans has opened my eyes. Knowing this now makes me feel as though I had taken advantage of my horse's potential and heart before my time here. As a horseman I tend to err more on the carrot side of the spectrum. I have a tendency to be too soft. It has been a struggle for me to become a middle-of-the-road extremist. It makes me somewhat uncomfortable to know that in order to find balance I will have times when I will be too firm. I know that when I finally do perfect that balance, all relationships in my life will benefit—relationships with horses and humans alike.

What have you discovered about yourself that you didn't expect?

Emily: I love horses and the Parelli program and everything they add to my life. I didn't realize that every morning when I woke up I would find a way to love it all even more.

This whole experience has not only taught me a lot about horsemanship, it's taught me a lot about myself.

Jena: I've learned so much about myself that it's very difficult to name just one thing. This whole experience has not only taught me a lot about horsemanship, it's taught me a lot about myself. I definite-

What are your goals for the future?

Emily: My goals for the future include attaining my Level 4, delving into Levels 5 and 6, studying performance horsemanship (even to the point of competing) and waiting to see what opportunities present themselves.

Jena: My goal for the future is to become a 3-Star Endorsed Instructor. I'd like stars in the areas of horse specialist, colt starting and difficult horses as well. I also breed and raise barrel racing horses with my mom and dad in Mancos, Colorado. I would like to develop those horses with the Parelli foundation and then compete on them

Lyndsey

at barrel races across the U.S. I hope to compete at the professional rodeo level and maybe inspire people to turn to the Parelli program.

Lyndsey: My ultimate goal is to become a 5-Star Instructor. I find happiness in helping humans and animals. It is exciting to think that in twenty years, when I can effect changes in people who love horses, I will be laying another stone on the path that leads toward a superior horse industry standard. Currently I am still discovering what I want to conquer between now and my five stars, so that when I do get there I will have all the right qualities to help change the world. 🐾



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U.K. Course Experience

by Lee Palmer

Less than a few weeks ago I was working at the Florida Parelli Center as Ranch Administrator when the phone rang and I was presented with an opportunity I couldn't pass up!



Parelli UK Course Team: Neil Pye, Michael Grohmann, Rachel Morland, Rolando Heuberger, Lyla Cansfield, Rob McAuliffe, Lee Palmer.

The Parelli U.K. team asked me to come join them to help with the upcoming courses, which at that time were highly anticipated and only days away! Well, it has been a whirlwind these last few weeks, and as Customer Coordinator I have had the job, and the extreme pleasure, to help students get the most out of their course experiences. Every day I get the chance to interact with fellow Parelli students and share in their journeys to become better communicators and leaders for themselves and their horses. What more could I ask for? Being part of the Parelli Team and helping the world become a better place for horses in my own way has been more challenging, joyful and gratifying than I'd ever imagined.

Finally, Courses in the U.K.!

There has been a strong presence of Parelli students and instructors in the U.K. for some time now; however, the commencement of these courses has really transformed the Parelli U.K. branch office into an International Parelli Study Center. One of the aspects that makes Parelli U.K. unique is the fact that it is part of a shared facility, Stoneleigh Park. Stoneleigh Park is one of the best-known venues in the U.K. for events such as the National Dressage Championships, Trail Blazers and the Royal Show, not to mention many other agricultural and equine exhibitions, conferences and corporate events. This allows Parelli students from all over Europe, England and Ireland to

utilize a centrally located, convenient and accommodating facility to further their horsemanship.

So what progression of events allowed these courses to happen? In February of 2007 Neil Pye, Parelli Professionals Program Director, and Sue Shoemark, Vice President of International Operations, walked through Stoneleigh Park and had the vision of a thriving Parelli Center that would perpetuate the Parelli mission, support Parelli customers and eventually hold courses for eager Parelli students. Now that vision has become a reality, and this last week we launched our very first Parelli U.K. courses!

The days are filled with classroom theory, simulation exercises, horsemanship demos and afternoon workshops spent out on the newly developed playground.

We're Ready for Students...

Once the facility was prepared, the faculty team quickly and eagerly came together to lead the nine one-week courses, which are based on the curriculum of the Success Series.

As preparations for the courses wrapped up the anticipation was electric. We were counting down to our check-in on Day One! The exciting energy of the students filled the air as they arrived and settled into a course that just might change their lives.

Twenty-five students and their horses were on site for the week to embrace an experience beyond what they can get from the home study program. The days are filled with classroom theory, simulation exercises, horsemanship demos and afternoon workshops spent out on the newly developed playground.

A few of the students shared their experiences with me over lunch.

Rebecca Hulme

William, six-year-old Dutch Warmblood gelding
"This course saved my horse's life!"

How much experience did you have with Parelli before this Horsenality™ course?

None! Monday was Day One! I bought all the equipment, but never got it out of the bag. Monday was the first day that my horse saw the Carrot Stick, and he was terrified of it! Two months ago I saw Parelli on Horse & Country TV and noticed





a horse that looked just like mine. I said to my mom, "That's William! That's what he does to me!" He was very close to going to the can-
nery. We had given up. I was terrified of him! I heard Pat say that you
can train any horse, any color, any fluffy breed, so we gave it a go.
This was the last-ditch attempt to get him safe, rideable, happy and
liking life. I want to get him to enjoy me as much as I enjoy him.

***When things go right, you don't want to stop! I hope
to keep improving, to get really good with my horse.***

**What is the most profound thing you've learned during the
Horsenality course?**

William isn't the same horse! I thought he was wild, but now I real-
ize I'm the one who has to change! I'm quite proud of what I've been
able to do. With the help of the faculty I'm getting there. I know I can
do it. When things go right, you don't want to stop! I hope to keep
improving, to get really good with my horse.

Victoria Swombow

Moomin, six-year-old Dutch Warmblood mare

"During this course I saw my horse for what she really was."

**How much experience did you have with Parelli before this
Horsenality course?**

Before this course, only a couple of weeks. I have had some experi-
ence with the Seven Games and have worked a bit on my rope
handling skills. I started the program with the Success Series. I also
saw Parelli on Horse & Country TV. I didn't have a crisis with my horse.
I just came to these courses for more understanding—to improve
what I already have with my horse. My horse was bred to be a per-
formance horse, so she's high-spirited. I thought we had a good rela-
tionship, but we actually had a real problem with the Friendly Game!
I've found that Parelli strips the relationship you have with your horse
back to the basics. Then you can rebuild from there.

What did you want to get out of this Horsenality course?

We as people communicate in a certain way, and we expect our
horses to respond to our communication. But unless we talk to them
on their terms, they don't understand. All day long I would say to
my horse, "This is what we have to do today." Therefore the horse is
going to feel bullied 99% of the time, because I'm not **asking** her to
do something, I'm **telling** her. So from my point of view, I wanted to
come here and learn about what my horses were trying to tell me,
rather than what I was saying.

What is the most profound thing you've learned this week?

This last week during the course, with the faculty's help, I got a different view of my horse. I realized that she's not insecure at all—she just had me wrapped around her little finger! So this week we're having a leadership battle. I'd like to get over that leadership battle. I would look at the Horsenality chart, categorize my horse and then get stuck on those character descriptions. I saw that my horse was very Right-Brain. I would categorize her as a Right-Brain Introvert/Extrovert, when actually she tends to be a Left-Brain Introvert, sometimes flipping to Right-Brain Extrovert. That can make a big difference! During this course I learned to wipe away those expectations, and I finally saw my horse for what she really was! Overall I've had a wonderful experience. It really has changed my life. 🐾



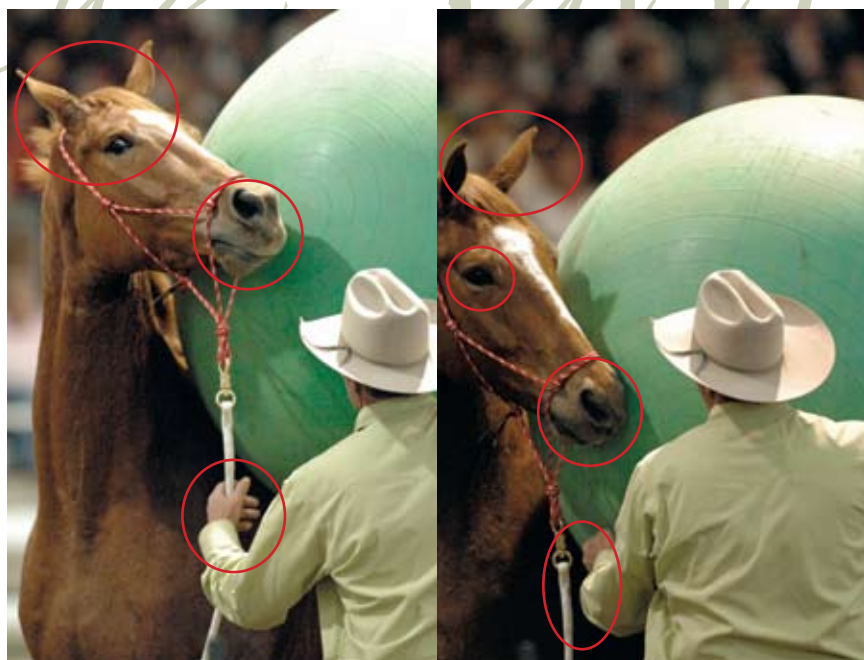
Visit www.parelli.com for info on all the 2009 courses at Stoneleigh Park or call 0800 0234 813

Spot the Savvy!

ANSWERS:

- Pat's hand is not completely closed, so the horse is not trapped. The horse is worried and looking for escape. See his eyes and ears pointed at the escape route? His head is up; he's tense and braced, nostrils wide, mouth tight.

- Suddenly he realizes he's not in danger. Pat has dropped the rope; the horse is focused on him (not the ball!), ears forward, nostrils and mouth relaxed. He's actually pushing his nose against the ball! Curiosity is the opposite of fear, and this is a great illustration of the change.



A Student Perspective: 18 Weeks at the Parelli Center

by Andrea Lyle

As life is one journey made up of many smaller journeys. Going to the Parelli Center for the summer was one experience made up of many smaller experiences.



It all began with a plan to attend the first six-week course of the season, but six weeks turned into 12, and 12 turned into 18. Before it was over I would have one of the most incredibly awesome experiences of my life wrapped up with one that was altogether frustrating, confusing and introspective.

The first course, Liberty and Horse Behavior, was summed up in the phrase “It’s not about the...” It’s not about the task, the trailer, the saddle, the obstacle, the time, the weather, the past, the age, the show, the halter, the stick, the string, etc. Well, if it isn’t about any of those things, then what *is* it about? That question was answered even before I asked it during the introduction to the course, when Kaffa Martignier told us, “During this course you will come face to

face with yourself.” The depth of that statement did not sink in at that moment. My horse helped me figure it out. You know it can be easy to fool your friends, maybe your family and even yourself, but you cannot fool your horse. What it *is* about became painfully obvious. It *is* about *me*.

I had come to the ranch to work on my horsemanship—to improve some relationship skills with my horse, learn more about Horsenality™, get some things done on my Level 3. The first two weeks had my head spinning. The amount of new information, the challenge of really getting to know myself and really knowing my horse was mind-boggling! By the start of the third week I stood on the hillside near the pond with my horse and cried my eyes out. I was over-

whelmed and frustrated, and I felt totally incompetent. I was asking myself, "What is the matter with me?" I am a wife and a mom. I know how to multi-task! But dealing with horse's and human's mental, emotional, physical and spiritual balance all at one time was multi-multi-multi-tasking, and I wasn't proving to be very good at it.

This is where you find out who you are and who your horse is. When I realized that I was having a confidence issue, I could relate to my unconfident horse so much better.

What I heard during the lectures was that this was our own individual journey. We had the right to be just where we were; there was no right or wrong. We were students, and we couldn't make mistakes! Wanna bet? I felt I was making tons of mistakes, and I felt wrong. But who was telling me that? Not the faculty or staff. Not the other students. Not even my horse. It was me! I had to give myself permission to make mistakes. It was an easy thing to acknowledge that I needed to make some changes in an academic sort of way, but actually making those changes was another thing altogether.

Though Liberty and Horse Behavior isn't a riding course, I think it is the most important course to take. This is where you find out who you are and who your horse is. When I realized that I was having a confidence issue, I could relate to my unconfident horse so much better. What she needed was a good leader, and I needed to become that for her. It isn't easy to look in the mirror and admit that you are what needs to change, but it is necessary for success.

The next four weeks went much more smoothly. I spent time sorting out Liberty and Horse Behavior while taking in the new information from Fluidity I and Fluidity II. I just took it one day at a time. Even though I wasn't able to apply much of the technical information that I was learning in those sessions, I was cataloging it for later. The faculty would frequently remind us to "trust the process: The information is going in, and it will be there when you are ready for it." We all got to play with our horses at whatever level we were at. No competition, no pressure.

The first six weeks were gone before I knew it. I was so grateful that I was able to make plans to stay for the next six. I was far more prepared both mentally and emotionally. I found it easier to get out of my comfort zone and try new things. I still struggled with the feeling that I wasn't getting very far very fast. It was a constant challenge for me to measure our progress in millimeters and nano-seconds rather than meters and minutes! Keeping a journal helped me realize just how much progress we were really making. In the first few weeks my horse went from turning her butt to me when I

approached her pen to looking for me and nickering while I was still down by the round pens. That was huge progress for us!

By the time the end of September rolled around, I felt ready to go home. I was in a routine. Going to the ranch every day, attending classes and playing with my horse—that was just what I did. It was like going to a job every day, only this was a dream job! Well, most of the time it was. It wasn't always easy to figure out what my horse (who was all over the Horsenality chart) was telling me. It was a process to go from frustration to fascination. To be able to say, "How interesting!" and mean it!

At home, reality set in. It had been quite simple when I was at the ranch every day, surrounded by people with the same mindset, to put these concepts into action. Now it is much more difficult to keep the momentum going. It is a constant juggling act between family, work and horses. That is why I believe it is so important to have someone around, besides your horse, who can hold you accountable.



courtesy photos

It is really helpful to have a study buddy or a study group. Watching the Savvy Club DVDs helps, too, especially if you don't have anyone to share your passion with. Talking the talk is easy, but walking the walk is another story.

Watching Walter Zettl give individual lessons to Pat and Linda was remarkable. Seeing them both as students reinforced the idea that we are all still learning, that learning requires growth, growth requires change, and both require vulnerability.

In 18 weeks I never did most of the things I had planned to do. I didn't even ride my horse very much until the third six-week module (the 15th week of being there)! We just weren't ready, and I never felt pressured by anyone (but me) to do it differently. It was like being in a language immersion program. When you first start, you can't really speak much of the language. Slowly you start to understand some words and phrases. Then one day you just blurt something out in the new language as if you had always known it.

Even though I took the six-week course three times, I gained a deeper understanding with each repetition. All the "Parelli-isms" we heard over and over took on new meaning. I found myself applying them to all aspects of my life. For instance, "It's not about the..." can really help when you are raising teenagers who have different ideas about hairstyles and clothing than you do. Wow!

I really appreciated the openness of Pat, Linda and the faculty. They were all very willing to talk about themselves, their own challenges and where they were on their own journeys. Watching Walter Zettl give individual lessons to Pat and Linda was remarkable. Seeing them both as students reinforced the idea that we are all still learning, that learning requires growth, growth requires change, and both require vulnerability.

Living six miles from the Center and having a very supportive family, among other things, made it possible for me to take advantage of this once-in-a-lifetime opportunity, for which I will be eternally grateful. Looking back on the 18 weeks at the Parelli Center, I can honestly say that what I expected wasn't at all what I got; but what I got was much more than I expected. Thank you, Pat, Linda, faculty and staff for helping to change my life forever. 🐾



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Vision

AR Dee Lena Chex—"Vision"

Sex: Mare

Date of Birth: March 29, 2004

Height: 14.2 hh

Breed: American Quarter Horse

Sire X Dam: Colonel Doc Bar Chex X AR Powders Dee Lena. Colonel Doc Bar Chex: Two-time World Champion Quarter Horse, NRHA, NCHA, NRCHA money earner. Vision's grandsire on her sire's side is

Colonel Freckles: NCHA Futurity Champion. Colonel Freckles is in the AQHA Hall of Fame as a great contributor to the Quarter Horse breed. Vision's great grandsire on her sire's side is the Doc Bar. Vision's great grandsires on her dam's side are Peppy San Badger, an NCHA World Champion, and Doc O'Lena, an NCHA Open Futurity Champion.

Horsenality™: Right-Brain Introvert

Where from: Atwood Quarter Horses

Special Features: When I first met her, she reminded me of Magic. Vision can be an escape artist.

In her first training experience prior to Parelli, she proved to be challenging. Atwood was pleased that I was taking her.

Pat's Hope for Vision

"Vision is now being exposed to lots of different things—cows, dressage-type basics and Freestyle. She is obedient by nature, is easily focused and is starting to show either cutting or cow horse potential. This is particularly evident when we play with the Robo steer simulator—she pins her ears, wants to dominate, locks on when circling or following it and allows me to position her easily."

Aspen Major—"Aspen"

Sex: Gelding

Date of Birth: May 13, 2000

Height: 15 hh

Breed: American Quarter Horse

Sire X Dam: Liberty Major X Roan N Royal (Scamp). Liberty Major is by Major Bonanza. Major Bonanza was an AQHA Champion, Performance ROM earner, Superior Halter Award Winner, Superior Performance Award Winner, NCHA money earner and has nine World Championships. His all-time points are 86 in Halter and 137 in Performance. Roan N Royal is Pat's former super horse.

Horsenality™: Left-Brain Introvert

Where from: Parelli-raised

Special Features: Good at anything: teaching, Western performance, English performance, seminars.



Aspen

I wish I could have fifty more Aspens!

Pat's Expectations of Aspen

"Aspen is nearing the foundation stages of his development. My son Caton has done 90 percent of this horse's development. In the last six months it was obvious Aspen wasn't going to be a cutting horse like his mom, though he's now revealing himself as an all-around horse—reining, reined cow horse. His ultimate job or career would be as an excellent ranch horse! He's smooth, calm, willing to go and slow, has more than a medium amount of cow, is athletic, big enough and strong enough to rope something and handle it well."

Dial Bar Hemp Moon 2975531—"Casper"

Sex: Stallion

Date of Birth: April 10, 1990

Height: 16.1 hh

Breed: American Quarter Horse—Appendix

Sire X Dam: Dial Sompin X Sheza Bar Bugs. Casper's grandsire on his sire's side is Ettabo, a famous racing Quarter Horse. His great grandsire on his dam's side is Lady Bugs Moon, famous for siring great barrel horses. Both of these sires were known for siring horses that could buck.

Horsenality™: Right-Brain Extrovert/Left-Brain Extrovert

Where from: Canada

Special Features: Amazing innate spirit—so strong, raw, charismatic.

True lie detector—true Savvy needed around this guy—no fakers.

Pat Asks Casper

"Casper has been the most challenging project for me. When I first laid eyes on him I saw him as my horse for a lifetime. Our foundation stages were very scattered. I couldn't do too much with him in the Colorado winters, plus we were doing lots of traveling! So he didn't get an 'ideal' foundation. (Fortunately, now that I have a 'foundation station' that can operate year-round, this doesn't happen.) On top of being a challenging horse, he was seven years old, so his foundation would have been challenging enough without those interruptions. Casper has grown to show a great depth of understanding and has revealed his specialization—Liberty. He sees what I want but says, 'I gotta do this first'—like run around. He's over 16 now and is more exuberant and asking more questions than ever! He puts more effort in—this last weekend, at our tour event, he picked up the halter and lead with Remmer, and they played like two dogs tugging at a chew toy! A great example of the Hierarchy of Needs: Safety-Comfort-Food-Play. He and Remmer played in the presence of a couple thousand predators! Casper's still becoming lighter and more Savvy. He has really become a 'horse-human.' My goal is that he stays healthy and only has to do a few things so it stays fun for him." 🐾



Casper







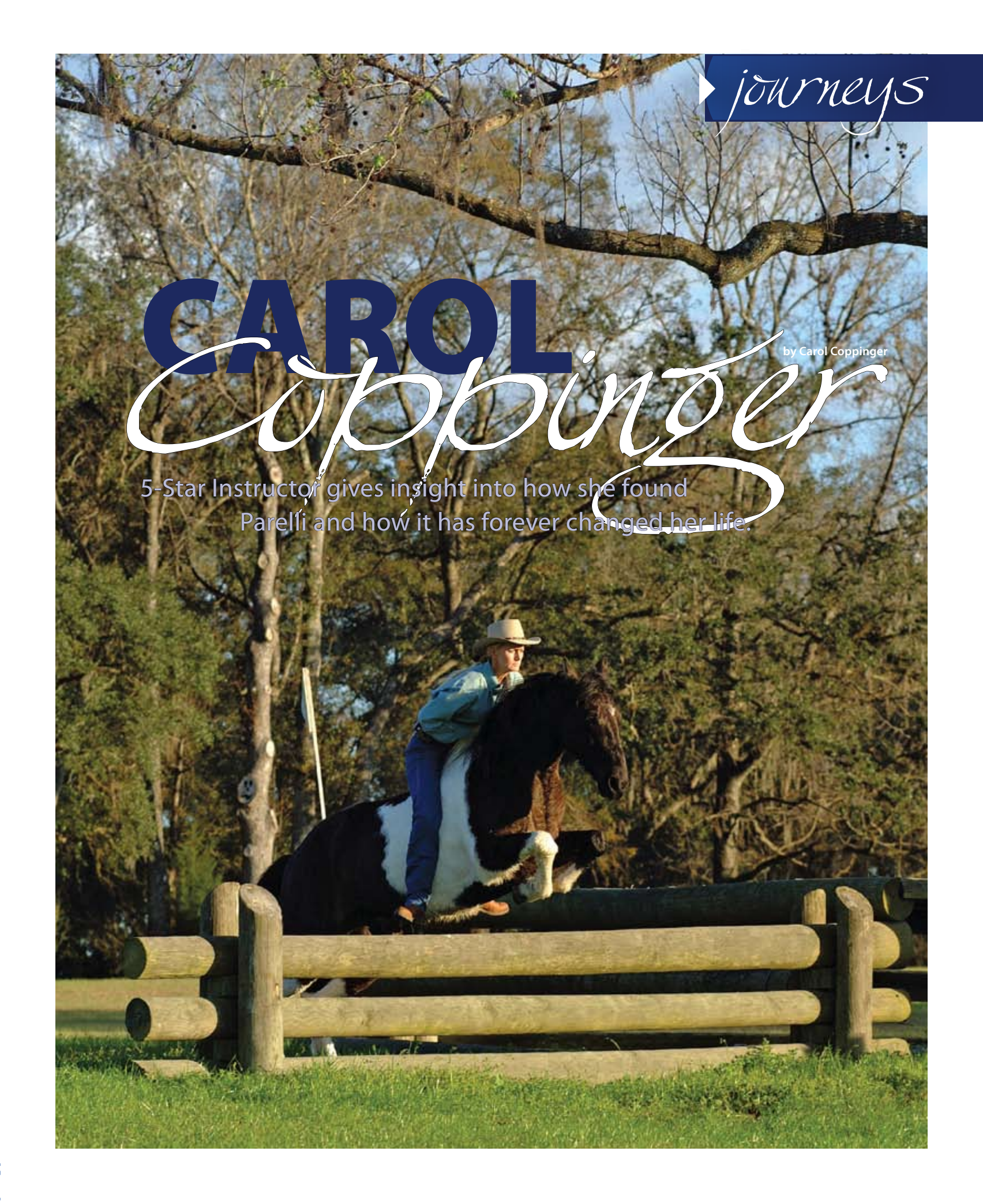
"The Cradle Bridle is revolutionary. I bought one for Maggie, my willful Left-Brain Introvert Swedish Warmblood mare, but was very hesitant about using it. I was afraid that she might just rip it off and stomp it on the ground or something. Anyway, when I began to put it on she immediately jerked her head up, but I got it on her after a little approach and retreat. When she finally took it in her mouth she *immediately* relaxed and dropped her head to my knees, and I easily put the headpiece over her ears (a first). To be honest, I haven't used the snaffle on her in over a year because she was so awful in it. I played with her on the ground in the Cradle, and she was completely relaxed and accepting of it. Ordinarily, when I get on her she turns to the right and looks at me as if she is sticking her tongue out at me, and sometimes she acts as though she is going to bite. She didn't do that at all this time. Her head was dropped, and she was relaxed.

*It was really the
missing piece for us.*

"I rode her in it, and she was amazing. Two of my students were there and saw me ask her up into the canter, and I thought that she was getting ready to buck the whole time, but she was actually just very round and collected (I have never felt that much collection before). I have been working a lot on collection On Line, at Liberty, and while riding, but never had that much success riding her. It was really the missing piece for us. I thought she was pretty powerful before, but wow! She even offered a passage while I was riding her. When I took the saddle off I noticed that her sweat pattern was completely even, whereas before she typically had a little dry spot on her left shoulder. I think that was because she was not completely using herself, and the bridle has allowed her to do that by helping her collect herself that bit more. All of my students are really excited about the Cradle as well. I had a student try it in her lesson yesterday, and her crabby, Left-Brain horse was completely different—soft and forward, no resistance." —Kelly

For more information visit www.parelli.com

Cradle Bridle

A full-page photograph of a woman in a cowboy hat and light blue shirt riding a black and white horse over a wooden fence. The background is a dense forest of trees with green foliage. The text 'journeys' is in the top right corner, and the title 'CAROL Coppinger' is in the center. A subtitle is below the title.

▶ *journeys*

CAROL *Coppinger*

by Carol Coppinger

5-Star Instructor gives insight into how she found Parelli and how it has forever changed her life.



by Carol Coppinger

Two of the questions I am often asked are how I found Parelli and how it has changed my life. In order to answer those questions, I would like to give you an overview of my background so you will be familiar with some of my life experiences, where I came from and where I am now.

I was born on a farm in Indiana, and my first memories are of all the animals and my love of horses. Even though I loved horses, my dad thought that mules were more practical for a working farm. So we owned mules while our neighbors owned horses. I loved those mules, but I rode my neighbors' horses every chance I got.

Immediately after high school I joined the U.S. Army, where, after basic and specialized communications training, I was assigned to Alaska for a two-year tour. While there I met my husband Les; we married after leaving Alaska. I left the army, and we moved to Germany, where I completed my degree in computer science and worked for the Defense Communications Agency. When the time came for us to leave Germany we moved to a small town just outside of Nashville, Tennessee. We bought a few acres, and I pursued my

career as a computer systems designer with Gaylord Entertainment Company. I worked for Gaylord for almost 20 years, and I advanced to Senior Project Manager with them. I really enjoyed my time there and the opportunities that I had to learn new technologies and interact with people at all levels of the corporation.

Throughout all of those experiences I never lost my love of horses. I read and studied about them every chance I got. After moving to Tennessee we finally had the time and resources to pursue my dreams, and I got started in horses when Les bought me a two-year-old Tennessee Walking Horse for my birthday. From that day on horses and everything about them have been the central focus of our lives. Like a lot of folks, I became involved in the show world. I participated in everything from gaited to versatility classes. If there

was a gaited or open show available, I was there. After showing for several years, and in addition to my day job, I began training versatility horses for other people. There wasn't very much monetary gain, but it was a wonderful learning experience for me. The biggest frustration for me was that after I had trained a horse to a point where it was ready to compete at a national level, the owner wouldn't have any desire to learn how to handle the horse or to develop any meaningful relationship with it. I knew there had to be a better way, so I stopped training outside horses and started searching for what I knew in my heart had to be out there.

***From that day on horses and everything about them
have been the central focus of our lives.***

In early 1994 I attended an introductory course in Murfreesboro, TN, on "How to Naturally Train a Tennessee Walking Horse" presented by David Lichman (5-Star Premier Parelli Professional). To say that I was intrigued was an understatement. Over the next couple of years David returned several times, and I studied with him at every opportunity. In April 1997 I traveled to Sterling, Illinois, where Pat Parelli was conducting a Level 2 clinic. After I met Pat and Linda, the first thing that popped into my head was Paul Harvey saying "And now . . . the rest of the story." I returned home determined to learn as much about Parelli Natural Horsemanship as I could. I stopped showing and dedicated all of my spare time and energy to advancing my horsemanship.

In August 1997 I attended the Instructor Course at the Parelli Center in Pagosa Springs with Pat and Linda. Much to my surprise, this course consisted as much of interpersonal relationships as it did horsemanship. We had classes on coaching, telephone interviews, motivation and good business practices, as well as how to teach the Parelli Levels Program. Upon completion of the course I was appointed as an Endorsed Instructor and authorized to teach students in a small-group setting.

When Pat instituted the star rating system for Parelli Professionals I was designated as a 3-Star Professional. From the time of my initial appointment as an instructor in 1997 until April 2002 I taught Parelli Natural Horsemanship part-time and worked at my computer job on a full-time basis. Most weeks I would work Monday through Friday, then fly out to teach on the weekend, then back to work on Monday. In the summer of 2002 I was invited by Pat to attend a four-month internship program with him at the Pagosa Springs Parelli Center. During this period I taught at the Center while also studying directly with Pat. Upon completion of this program I was awarded 4-Star Senior Instructor status.

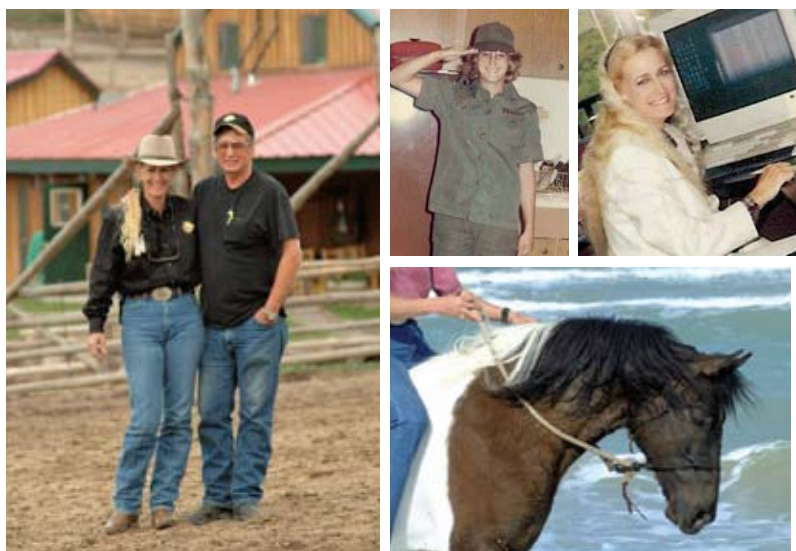
During the entire time I have been a Parelli instructor I have studied at the Parelli Center for as few as four and as many as ten weeks

each year. I have attended the current six-week program each year it has been available and have taught 1, 2, 3 and 10-week courses at the Center.

***I was once told to find a job that you love and you will
never work another day in your life. I have found it.***

I am frequently asked why I attend as many Parelli events and courses as I do. First, I firmly believe that as a Parelli Professional I have an obligation to support Parelli Natural Horsemanship any way and anytime I can. If Parelli doesn't succeed, then it is doubtful that either the program or I will succeed. Secondly, I feel that I owe it to the students I teach to stay as close to the source (Pat and Linda) as I can in order to present the most current information to them. I still get just as big a thrill as I ever have when either teaching a beginner the basics of the Seven Games or instructing a very advanced student. Anyone who has been studying Parelli, even for a short time, is well aware that it is a constantly growing and dynamic program. I want to be an active part of learning and teaching that growth.

In addition to studying at the Parelli Center for several months each year, attending every Savvy Conference in the U.S. and Europe and going to several events with Pat and Linda, I travel and teach clinics in places as varied as the Northeast, Midwest, Deep South and Alaska. I also conduct several clinics/camps at my home in Tennessee each year. I was once told to find a job that you love and you will never work another day in your life. I have found it. 🐾



Clockwise from left: Carol with husband, Les; in the Army; computer systems designer; with Ranger, Tennessee Walking Horse (also featured on previous page).



Riding for Gold Beijing 2008

by Lauren Barwick

As the journey continues I realize that we do not walk on our legs, but on our will.

As I head toward the Beijing 2008 Summer Paralympics I find myself experiencing many feelings. The emotional side of a competitive journey like this exhausts you in ways you didn't know possible. It is at times like this that your emotional fitness is put to the ultimate test.

The list may seem long, but to be honest, this is just a short catalog of my ongoing feelings: excitement when I discover true unity and partnership resulting in an amazing ride; fear of letting down everyone who believes in me; doubt in myself and my horse; confidence when I get that affirmation from my mentors and the judge; nausea every time I get an email with the riders' new rankings; panic with every new deadline; dread if my horse ever takes a sore step; love when my mare looks up at me from the pasture; amazement when I realize what she allows me to do with her; sadness when I ask myself if I am doing what is best for my horse or just thinking about my final goal; guilt when asking myself if I am good enough; empowerment when I realize where I was and what my potential is; and (most of all)

good fortune for knowing I have a team of people doing their best to help me succeed.

It's a roller-coaster ride, and the stronger and more prepared I become, the higher my coaster goes—but it seems to be a flat, smooth ride. I wake up in the middle of the night, my mind alive with the question "What if?" To date Maile and I have competed at seven horse shows. With so much happening, I'll share a few of the experiences with you.

Maile had rather lovely, expressive movement, as she really thinks she is too much of a lady to be dancing in a foot of water.

The Wellington—West Palm Beach show gave me an awesome opportunity to prepare for the type of weather Hong Kong could throw at us. To say it rained would be a major understatement. The water

actually came up to my wheelchair cushion. I must say knowing my cushion could also be used as floatation device gave me peace of mind. Maile had a rather lovely, expressive movement, as she really thinks she is too much of a lady to be dancing in a foot of water. I'm sure she thought she was going to wreck her manicure, not to mention dirty her four stunning white legs.

Maile and I competed in First and Second Level classes. I competed for four days with two classes a day. The show required a different test each day, meaning I had to learn eight new dressage tests. For the first time ever riding dressage, I went off course four times—and that was even with someone reading my test for me. Having a test reader doesn't actually help me much, as I like to know my test well enough beforehand to be able to prep my horse for each upcoming movement—and apparently I don't listen well.

I believe by the third day the judge said, "On Day One you were very good. Your horse, however, was not, and on Days Two and Three your horse was fabulous, but you were not!"

I have to ask, "What does this mean? Aren't we supposed to complement each other, not be in each other's way?" My answer to him was "We still have one more day, and each day is a fresh start!" Our last day of competition was our best.

Interestingly enough, my next horse show in Ocala had me competing in tornado-warning weather. Maile's tail was flying horizontally. I had to hold my saddle to prevent from falling off, and when heading in certain directions, I couldn't breathe! The Ocala show was a remarkable turning point for my personal mare Cayenne. We had an excellent First Level test, placing third out of ten. She actually walked! As much as I am impressed with her ability to piaffe, having a walk is thrilling. I will admit that it could have been the wind pushing against us, but all I could think about was that she did it. And at the end of the test I was so happy, content and proud of her. I left

the ring thinking I could stop riding altogether, leaving with that exhilarated feeling.

The Ocala show and that feeling helped me realize something about my emotional and mental fitness when I compete. When I ride my personal mare Cayenne there is no pressure. When we make a technical mistake I actually laugh about it. I'm smiling throughout the test, and at the end of it I can feel good about what we have accomplished. It is quite the opposite when I ride Maile. I feel as if there is an immense amount of pressure for everything to be perfect. I'm so focused that I start to become rigid, stiff and direct-line. I beat myself up in the test when I make a mistake, causing our next movements to fall apart. I'm going into the test knowing this ride could make the difference between my being on the team or not. No pressure; what's four years of dedication, sacrifice and hard work, all tested in a six-minute performance?

So my goal for the next three months is to find love, fun and satisfaction in my horse and myself. I need to go into the ring with the confidence that we are ready, prepared and dancing for that score of ten, and smiling through the whole thing. I know Maile can feel my attitude and my confidence. She is a smart, sensitive mare and needs me to be a great leader and to believe in her so that she can do her job.

After a successful competition at our Canadian Nationals with scores of 74.86%, 75%, and 76.9%, I am pleased and extremely relieved to finally be able to announce that I have secured my spot on the Canadian Para Equestrian Team. I will be staying in Canada for the required 60 days pre-quarantine and then traveling to Los Angeles for five days of quarantine. Lots to learn so we can be at our best come September! 🐾

"Overcoming the unexpected and discovering the unknown is what ignited our spirit. It is what life is all about. It's what you do today that will matter tomorrow." —Ralph Marston



Maile and Lauren

Atwood Ranch Open House

by Kalley Krickeberg

Well, friends, here we are once again! The Atwood Ranch Open House was held on May 4, 2008, and what a success it was! With Pat, Linda, the tour crew, horses, dogs, cows, Robo Steer and lots of smiling faces here on Open House day, how could it have been any better?



In any case, here at Atwood Ranch we have been keeping our ears to the ground, shoulders to the wheel and noses to the grindstone. I tell you, it is amazing what we have been able to accomplish while in those positions!

Getting Ready to Get Ready

The first thing we had to do between weaning horses, foaling mares, building fences and dodging the wind and rain this spring was to get ready. What I mean is that the whole Atwood Ranch staff and crew invested a monumental effort (just short of moving mountains) in order to get everything as ready as possible for Pat and Linda to arrive one week prior to the Open House, in order to *get ready* for the big day. What a week it was!

A few days prior, I had visited with Pat on the phone and told him I had a group of young horses ranging in age from one to three years old that I was preparing to have on display for Open House day. I also mentioned that we would have cattle here to play with, along with some other fun things. (I told everyone here at Atwood, "If you want to keep Pat's attention for any length of time, you need to have lots of fun things around to play with...get it? Left-Brain Extrovert!") When I

mentioned the cattle, Pat said, "That's good. You bring your cows, I'll bring mine." I did not know what that meant, but it left a big question mark next to a smiley face in my mind. You just never know with Pat Parelli!

Well, it didn't take long for us to figure out what Pat meant about bringing his own "cattle."

When Pat, Linda, the horses and crew arrived, it was like a dream. This was what everyone had been working so hard to prepare for, and the ranch and horses shone thanks to the incredible effort. We did a tour of the facility and the horses and viewed the improvements that had been implemented since Pat and Linda had last been here. And then it was time to play with horses! Well, it didn't take long for us to figure out what Pat meant about bringing his own "cattle." Out rolled the Robo Steer from the trailer. Robo Steer is a life-size, remote-controlled mechanical roping steer. It, too, can do six things besides stand still. It can go forward, backward, left, right and, in its own way, up and down, sort of. What a cool toy! So for the next week we played with horses, dogs, cattle and Robo Steer. At the end of the week we had the pleasure and honor of meeting a very special guest,

Ira Reid. Pat frequently talks about Ira as the Tom Dorrance of dogs; he is a legend in boots. Ira lives near this area and came by for a visit and to talk dogs with Pat. It was neat to be a fly on the wall for that.

The Event

It was the big day, Sunday, May 4, and we were ready for the masses to arrive. It was fairly quiet in the beginning, and then ***bang!*** It was like someone had opened a gate somewhere, and we were in full swing. There were people everywhere! It was great! We had tours set up around the ranch to view the mares and foals in their beautiful rolling pastures. There were tours of the mare motel and foaling facility, where people were able to visit with our broodmare managers and get a bit of insight on the process and procedure there. People were also able to visit with Atwood Ranch's in-house veterinarian and view our in-house lab used for collection with the Atwood stallions. And last, but certainly not least, was the area that has been set up for the Parelli Preschool™. There were young horses playing everywhere! Pat had the tour crew, some of the local Parelli instructors and Parelli students playing with young horses while he visited with the crowd prior to the two-hour main event.

When it came time for that main event, it was once again a surreal moment. People were packed in and around the arena, teeming with curiosity about what they were about to see and hear. In true form, Pat talked of the future and where the industry is headed and how Atwood Ranch has taken a big step in leading this industry change. As Pat was talking he was riding his four-year-old Atwood filly, Vision, and then in came Casper. Pat visited with the crowd about how challenging Casper had been to take to a high level, not only because of his complex Horsenality™, but because of the baggage he came with because of the six professional predators—Oops! Dang, I do it, too—professional “trainers” that tried to do what they had always done, and Casper didn't fit their mold. Then came the future. Pat brought out Especial and Legend, his other two young Atwood horses, and gave everyone a taste of what is possible when you play with horses at a young age who don't have baggage. He talked about concentrating on the relationship first and putting foundation ahead of specialization. It was a spectacular demonstration of what is possible! Pat rode one young horse while playing with the other two at Liberty, and he rotated his way through riding all three. He ended on Legend, who at that time had had only a dozen rides. Yet, with all Legend's preparation, he was already confident enough in himself, his human and his environment to handle what Pat asked of him. What a demo!

The day finally arrived when it was time for the tour team, horses, Pat and Linda to pack up and head out for their next seminar, which was in Redmond, Oregon. Mike, Catherine and I traveled up to visit with people there about Atwood Ranch and all the wonderful things that are happening with the implementation of the Parelli Preschool™. Of course, the seminar was fantastic, and I especially loved watching the young Atwood horses perform! It was great to be with the Parelli team once again to visit, reconnect and share stories. For now, though, it is time to head back to the ranch. We have lots of beautiful Atwood babies waiting for a vision of their future. With Pat and Linda's help, I hope we can paint them a beautiful picture. 🐾



Pat and Kalley



Robo Steer



Corinne and Ira Reid



He's always good when I wash him.



I take it slow
for my Right-Brain
Introvert.

He loves to have bubbles,
and he especially loves it if he gets a
treat at the end!



I love my pony,
and it looks like he
loves me, too!

DEX

BATH TIME & CANTER

APRIL 2008

Sophie and Dexter have now been together for nearly a year. It's been a year of firsts for Sophie (learning Level 1-2) and a year of proving Pat's concept of "solid gold" for Dex (Level 3 Graduate). Their relationship is one that is all their own. Some things are on purpose, some things are by accident and some things were never expected—like in a fairy tale.

Their first canter came by accident. They were playing Follow the Rail behind Sophie's mom and her horse. Dex's little pony legs couldn't trot as fast, so he cantered to keep up. It was all very innocent, and Sophie enjoyed the experience, but the idea of cantering later left her a little nervous. The canter was the horse's idea that time, but now Dex would have to wait for Sophie to *want* to canter.

In this session bath time is for bonding, and then comes Sophie's version of cantering: walk-to-canter transitions. She doesn't really know how much she's asking, and Dex makes sure not to tell her. After all, it is what being a partner is all about.

Here are some of Sophie's thoughts and feelings on bubble baths and cantering "on purpose" with Dex.



Just chillin' with my clean pony. He's so shiny.



Just me, my mom and our horses.

It's so fun to canter! All I have to do is smile and squeeze.



It's so much fun to go over the bridge and feel Dex's footsteps!



I tried to focus on where I wanted him to go.



Linda's Journey

The Peril of Under-Expectation

by Linda Parelli

What we love about being among friends and Savvy Club members on Savvy Club Sunday at our tour events, is that we feel the freedom to do something different every time.



We bring out different horses, show you the things we are working on and weave in lots of lessons at all different levels.

So in Billings I brought out Allure. He's such a symbol for me—a symbol of humility and learning and awe. I'm constantly humbled by not knowing enough, yet still making progress, and I'm always learning (usually I learn the most *after* the session). And I'm in awe because, as the title of today's writing indicates, I still manage to underestimate him. Therefore I under-expect. (I hope that made sense!)

Please don't think that I am trying to teach you something directly in this writing, because I'm not. I'm just sharing what I learned, and I know it will resonate with many of you.

I was caught totally off-guard, and he fully felt my hesitation and lack of leadership.

What Happened

I decided to play with Allure and repeat the Catching Game I'd done two days earlier, using the long, telescopic flag that you've probably seen Pat using these last few years for more long-distance Liberty work when riding one horse and playing with another. This was the second time I'd used the long flag with Allure, but the first time in a big arena. Before that I was in a round corral, with low panels, of course—the Parelli Play Pen.

So I turned Allure loose while I rode Remmer, and I explained the goal of my session with him. Once we finished, I put Remmer outside the arena so I could focus on Allure. And of course, he immediately felt it, so I was ready for him to need several fast laps of the arena before he tried to come to me. But after barely one lap he looked at me and headed my way.

I was caught totally off-guard, and he fully felt my hesitation and lack of leadership. I hadn't planned for this, didn't expect it, so he lost confidence and left again. It took a few more attempts before he could come to me and stay with me, but it took *only* a few laps. Wow. I knew it would take less time, but I never expected it to take a twentieth of the time!

Then I put the 22-foot Line on him to play with some barrels and advance a little on the ground. After playing around the barrels



video stills

and achieving nice harmony, I thought I would attempt to play Stick to Me at a canter as my little piece of advancement. I mentioned to the audience that I had not done it at the canter and was wondering how on earth we could canter together, given his huge, magnificent, ground-covering stride. Things were going so well that I thought that was the day to try it. I showed how to begin, moving from a solid Stick to Me at the walk, then the trot and back up to the trot-canter, with me on the little circle, him on the big circle. It's much easier the first few times this way, as opposed to being right next to your horse, not being able to keep up, crowding each other and creating a lot of confusion. It's easier to evolve it from the Circling Game.

It's so important that your horse never feel wrong when you are teaching him.

I could already confidently send him into a canter on the 22-foot Line, so I simply sent him out wider and asked him to canter. At the same time I started to canter. And I matched him until he couldn't canter anymore and broke into the trot, and I immediately mirrored him and trotted at the same time. (It's so important that your horse never feel wrong when you are teaching him.) After a circle of trot

I asked him to canter again and broke into the canter myself at the same time he did. I did this a couple of times, and then the next time I began to canter a moment *before* I asked him. And—you guessed it!—he started to canter when I did. It was *so cool*! I was a bit overcome with emotion, and thank goodness the music was still playing, so I deflected it by moving on to pushing the ball. (Of course, I lost it at the end of the session, when I expressed my joy and then thanked Pat for what he's taught me.)

The Lesson

Here's my lesson. I underestimated Allure. I underestimated his intelligence and his readiness for whatever it was I wanted to teach him, therefore I under-expected, so I was surprised at how quickly it happened.

If I were a better leader, I would have known it could be that easy in that situation. This does not bother me; just more Savvy as a result. From now on I will not put any kind of time constraint on what I'm going to teach him, and actually I didn't think I did! My level of Savvy and Allure's Horsenality™ (Left-Brain Extrovert) are what I should focus on. I don't need to drag in the past or pull in the future, just be totally present and full of positive expectation—not too much, not too little, just right. 🐾

A Level 2 Journey - Part 15

by Yvonne Wilcox

In order to comprehend the progress Escada and I have experienced in the past few weeks, I needed to look back over our journey, which began in 2002.

Having watched all the Parelli Patterns has boosted our play sessions to a whole new level—I have more ideas, I have the clearest plan ever, and Escada's totally loving it! In fact, I'm in awe of how exuberant she's becoming!

Before Parelli:

From 8 to 14 years of age I rode my pony Radar. My goal was to catch him (it could take 20 minutes to corner him), bridle and saddle him and ride out to a destination which was fun. But then I dreaded riding back home because of the constant pulling and jiggling. It *never* crossed my mind that it didn't have to be that way. We just accepted that that was the way horses are, and because you love them, you just put up with it. Radar retired to pasture (he was about 19), and I had a career take me over. No horsemanship until ...

1975-1989



My first taste of Parelli:

Traveled with Pat and Linda across the USA in 1994, helped out and watched them put on Level 1 clinics every weekend for about four months; was allowed to participate in the ground portion of Day 1 of a clinic with Linda's Level 3 horse, Siren; couldn't get him to do very much. I felt that it looked so easy, but I found it was much more than techniques. At the end of the clinic, when Pat asked everyone in the class "What did you learn?"

I said, "I learned that I'm a wimp!" (He didn't seem very impressed with that answer!) ...

1994



My first horse to

practice Parelli with:

Earned my Level 1 with Starbuck, a lovely buckskin Quarter Horse (calm, friendly, Right-Brain Introvert) on loan from family in Idaho. With a heavy work schedule and a two-year-old child, I managed to get in horse time here and there. It probably took about a year to muster up the courage to be assessed!

Starbuck had to go back home to Idaho when we were in our first stages of starting the study of Level 2 ...

1999

Along came Escada:

I started playing with Escada as a favor to a friend who was trying to sell her. They said, "She needs that Parelli stuff, but we don't have the time." Of course, after playing with her for about two months I couldn't live without her and arranged a way to afford to own her! Because I'd never played with extreme Right-Brain Extrovert behaviors before, I made progress quite slowly—but surely. Then when she got through her fears and revealed herself as innately a Left-Brain Introvert, I had to learn how to deal with that, too (without knowing what it was at the time, because the Horsenality™ Profile hadn't yet been born) ...

2002



Major rapport points! My Left-Brain Introvert goes wild for her scratches.



First session after videotaping On Line Patterns . . . could I sit on the ground, 22 feet away from a pedestal and send her to it?

2004-2005

Playing on the ground in Level 2/3 and not being able to ride:

The new Level 2 came out just in time, as I had completed all the ground and saddling tasks in Level 1 with Escada. The Level 2 Savvy Arrows were just what I needed to start reading her behavior, recognizing thresholds, learning how to build rapport with grazing tours and, most important, the lessons on Fluidity and passenger lessons. Because Escada was not safe enough to ride yet, getting creative with passenger lessons from the ground helped us make the transition to riding. My first rides on her brought out her opinions and then there was trying to canter without bucking . . .

2006

Liberty & Horse Behavior:

The release of the Liberty and Horse Behavior course on DVD was great—and confronting all at the same time. Great because it catapulted me forward in terms of being able to read and progress with Escada; confronting because it showed how much I needed to learn about becoming a leader. The information in the trailer loading section of this program helped me realize why my trailer loading efforts with Escada were not as effective as they should and could have been. I stopped riding for a while and concentrated on our relationship on the ground and confidence with the trailer. We made great strides, and it also improved our riding experiences. I spent about a year riding with a bareback pad to really work on my fluidity. It was great fun on trails, but I still did not have enough Savvy to be a good leader in an arena . . .

2007

The Horsenality Profile and Success Series DVDs:

Discovering Escada's true Horsenality gave me so many more insights into why some things worked with her and other things didn't! Relationship-wise we grew in all the right ways, and our riding sessions were getting better and better as long as they weren't boring for her. Riding on trails was great; even cantering could happen without any bucking—as long as she was interested in where we were heading. It was inside arenas that we had issues. I needed to know how to keep it interesting, be a good director from the saddle and practice my fluidity all at the same time. It would be great until I ran out of ideas or lost the leadership role, and she'd get annoyed with me and buck. Luckily my fluidity was sound enough now that I could ride a buck without much fuss . . .

2008

Learning the new

Parelli Patterns:

Oh, my goodness! When Linda and Pat said they wanted to remake the Levels Program to make Levels 1 to 4 much more easily visible, I didn't know what that could mean. They broke it up into two sections of study: the Levels of Patterns you go out and play with in Four Savvys, and the Levels of Skills you need to practice for safety, confidence and expertise at each level. We started videotaping the patterns, and I quickly realized what they were talking about. It's like a map of what's in Pat's head! I did not realize the huge range of patterns I could be playing with at my level. For instance, Follow the Rail was a pattern I tried in Level 1, but because of Escada's Horsenality I couldn't keep it interesting for her. After watching the DVD of Follow the Rail in the FreeStyle Patterns and applying it to Escada's Horsenality, within two sessions she was following the rail with a happy look on her face! In the third session we were making trot-to-canter transitions without any bucks, because I had all our Horsenality strategies working and lots of ideas to keep it interesting. We're on our fourth session of Figure-8s On Line and she's so confident in the pattern that she rounds up, powers through it, then stops and looks at me with an expression of exuberance and "What ya wanna do next?" I'm absolutely loving it. The only thing I wish Parelli could give me now is TIME in a bottle! 🐾

Meet “Little” Scamper

by Edwin B. Alderson, Jr.

I want to share with my friends what happened on Sunday, March 2, 2008, which turned out to be a remarkable day for my wife Diane and me. But first a little background.

Several years ago I purchased a beautiful buckskin mare, Tango, from Pat Parelli. Tango was out of Fresno’s Salty Doc and Roan ‘n Royal. Pat called Roan ‘n Royal “Scamp” because, he said, “What else could I name a horse that moved so quickly?” Tango was a wonderful horse for me, so I bred her with Dr. Jim and Lynda McCall’s fine award-winning cutting Palomino horse, Tippy Toe Plan. It took over a year for the right impregnation to happen. The gestation period had its problems, and our wrangler, John Raley, and his son spent many nights in the barn watching Tango in the outfitted birthing stall. Tango took her time waiting for Mother’s Day, and about 7:45 Sunday evening, May 13, 2007, she gave birth to a beautiful filly, and we named her Scamp II. Diane and I were right there at the birth. My imprinting of Scamp went very well, and it was a sweet time for all of us. Tango had some problems letting her first foal nurse, and that created some nervous hours. I slept on a cot right beside the stall. I dozed, and in the early morning I was awakened by a sucking sound that was music to my ears! Scamp immediately began to give and receive love and attention. She was leading on a loose rope and even walking confidently through puddles of muddy water in less than 48 hours. Tango, the perfect mother, would proudly follow us around as I walked Scamp all over our property, exploring new things.

Fifty days later, on July 2, 2007, John called me to the barn. Tango was sweating profusely and was clearly in distress while John led

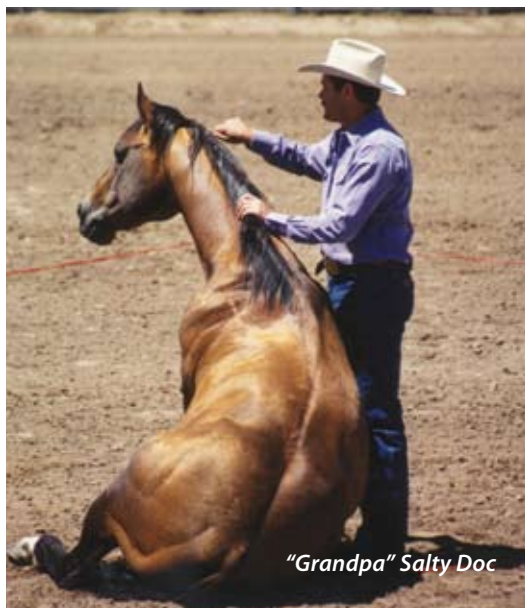
her around. Scamp was in the stall, of course, calling for her mother. I halted Scamp and led her out to be with Tango. About the time Dr. Ron Nash arrived Tango looked me right in the eyes and dropped dead from a twisted gut that had happened in the night.

The next few weeks were devastating for all of us. Scamp was so depressed she would hang her head down in a corner of the stall where she and her mother had lived, sniffing and licking the side of the stall, where she could still smell her mother. She rejected bottles, and we couldn’t find a surrogate mare with milk. It was a very sad time for all of us. Dr. Nash found a white pellet feed with milk protein that Scamp liked fairly well. During this time we were in contact with our friends Jim and Lynda, who are recognized experts in equine science. We decided that it would be best for Scamp to take a break from our place and its memories and stay with the experts for a while. I put her in one of our horse trailers for the 20-mile trip to the McCall farm. She stayed a few weeks, and I visited often.

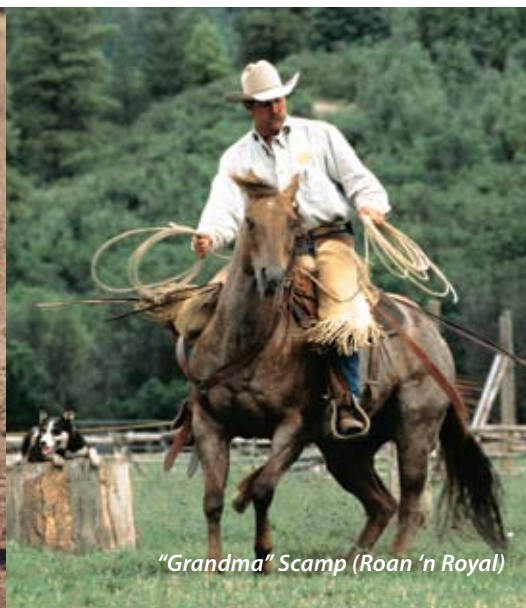
Scamp, with the loving care of Diane, John and myself, started doing very well. Mike Mataya gave me a kind old broodmare named Skip who was a very good role model. It became obvious to us that Scamp had great conformation and beauty, and more and more we came to respect her athleticism, temperament, quickness and intelligence. Her first visit to our house was for Christmas pictures. She was perfectly comfortable, liked the house and made a number of visits,

one of which was to see our grandchildren and another to have breakfast with former governor and senator David Pryor and his wife Barbara.

On February 29 Diane and I took Scamp and her surrogate mother, Skip, to Little Rock. Scamp was not quite ten months old, and she arrived perfectly calm after her first two-hour trailer ride. This trip was for her to meet her other human grandparents, Pat and Linda Parelli, who were there for one of their 2008 U.S.A. tour events. Pat and Linda met Scamp II on Friday afternoon and had a good time congratulating us about her conformation and good temperament! On Sunday Pat asked me



“Grandpa” Salty Doc



“Grandma” Scamp (Roan ‘n Royal)

to bring her into the arena in front of about two thousand cheering people. Scamp eagerly entered the arena with me. Music played and the crowd cheered, and she was perfectly calm—and, I might add, adorable! We walked and trotted back and forth and played the Yo-Yo Game, and I gave her a big arms-around-the neck hug, which she loved, so she stood proudly and nodded. Pat then worked with her and demonstrated to the crowd and me how to stop her habit of throwing her head back and how to help her with a most gentle movement, to bend her body with a left-hand turn. It was a good demonstration for all the spectators. (Watch the video at parellisavvyclub.com.)

Pat said that she has the potential to be a great performer. He told me that he hadn't seen that much potential in a ten-month-old since he saw her grandmother, Scamp, almost 26 years ago.

I had a feeling that Pat had observed something special in this filly, but I was not sure. After we left the arena and put Scamp in her stall, I asked Pat for a candid evaluation. Pat said that she has the potential to be a great performer. He told me that he hadn't seen that much potential in a ten-month-old since he saw her grandmother, Scamp, almost 26 years ago. Diane and I had just talked about this possibility, and I had her approval for what was about to happen. I asked him if he would like to have Scamp II as his own foal, and he looked at me, reeling with emotion, and answered, "Yes, but you ought to reconsider." He even offered to help me train her. I answered that I wanted the best for her and blurted out, "She is yours now." We had a teary hug! We talked, and Pat suggested that I make a gift of Scamp in the arena that afternoon, so that all the Savvy Club members would be a part of the gift.

We walked into the arena totally unrehearsed, and I asked Pat, "What do loving parents want most for their child?" His answer was for the child to reach his or her full potential. I told about Scamp's history and how much we would miss her, but knowing that she was so very special, we wanted her to grow up with the very best of love, language and leadership. Diane and I delivered the papers to Pat and Linda, and there was not a dry eye in the house.

Scamp II (Pat renamed her Scamper) is now living at the Parelli Centers, and she continues to amaze Pat, who says, among other things, that she "has a lot of cow." Linda reports that Scamper now rules the barn. Pat lets her loose, so she regularly visits the horses in the barn, saunters down the aisle, circulates among the paddocks, checks out the toys and walks up the ramp of the play trailer all in a friendly and competent way. Scamper will even get to meet her 26-year-old grandmother, Scamp! Stay tuned. You're going to hear a lot more from this remarkable filly! 🐾

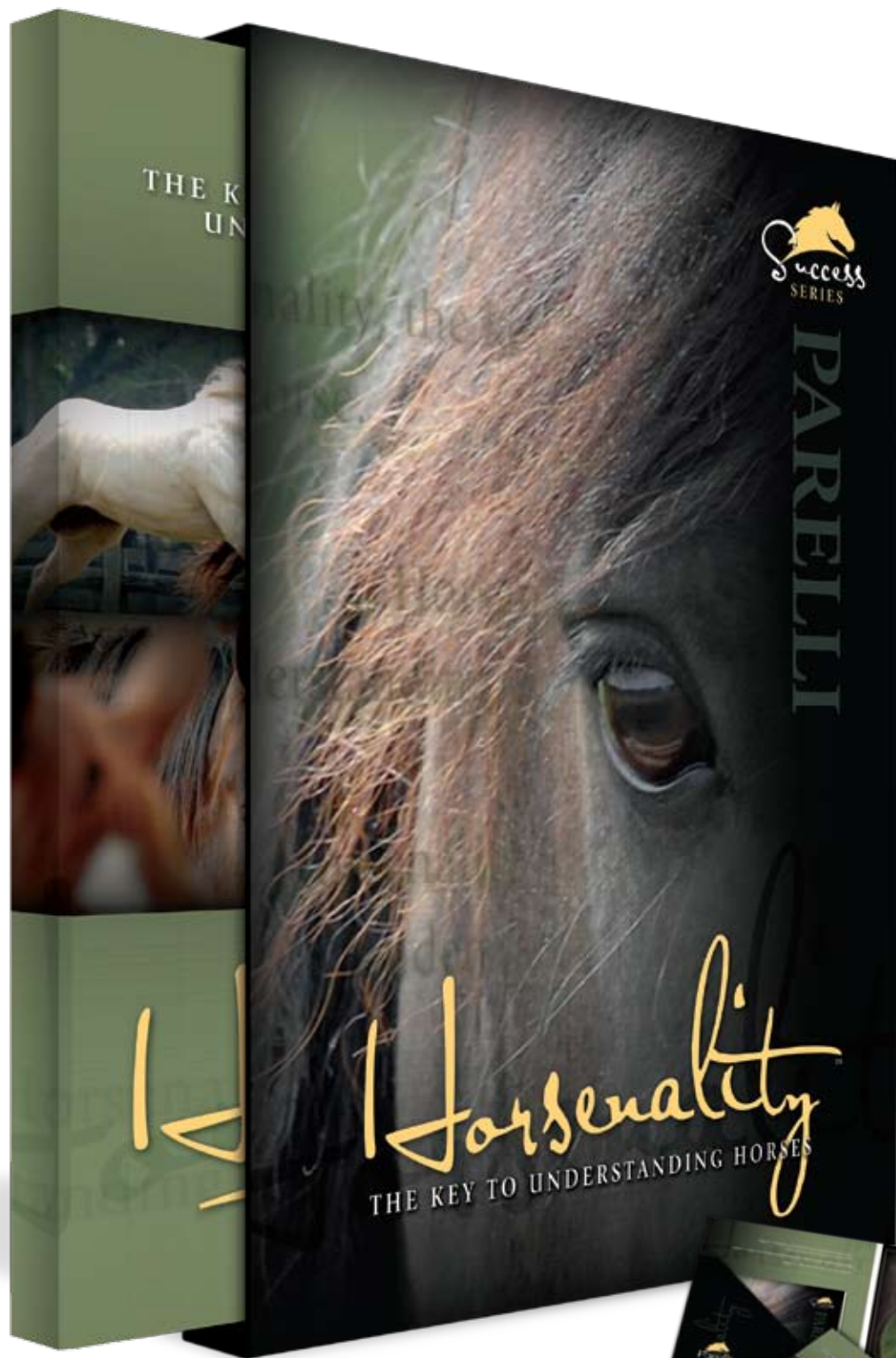


courtesy photo

From Top: Christmas visit; wandering free around the Parelli Barn; with mom, Tango.



courtesy photo



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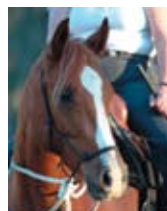
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